

Regardless of your age, good nutrition has a huge impact on health. But as we get older, what we eat is even more essential, because it can help prevent many of the common health conditions that afflict seniors. Here are just a few of the ways that proper nutrition can help older adults treat and prevent illness, and enhance their overall quality of life.



### High Blood Pressure Management

High Blood Pressure is a leading risk factor for stroke, heart disease, dementia, and many other health issues that impact older adults. While medication is important, proper nutrition – including a diet high in fruits and vegetables, and low in sodium and sugar – can also make a real difference.



### Diabetes Management

Beyond medication, proper diet can help control diabetes, and help prevent the potential complications it can cause, such as cardiovascular disease and cancer.



### Weight Maintenance

Many seniors become thin, frail, and susceptible to illnesses and infections. A healthy diet is essential for keeping the body strong and to maintain a healthy immune system.



### Obesity Prevention

Since obesity contributes to arthritis, diabetes and heart conditions, maintaining a healthy weight is important for seniors. Getting guidance from a nutrition professional can help seniors lose weight.

Questions? Call us at **1-833-CL-CARES (TTY 711)**, 8AM-8PM, Monday-Friday

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