



Healthy Eating for a Healthy Lifestyle

Eating right is all about balance. You can enjoy good food if it's part of your healthy eating plan. The United States Department of Agriculture (USDA) recommends making healthy food and drink choices that:

- Include fruits, vegetables, grains, proteins, and low fat dairy.
- Are low in saturated fat, sodium, and added sugars.
- Are based on the right amount of calories for you based on your age, sex, height, weight, and physical activity level.

According to the USDA, healthy eating helps older adults:



Obtain nutrients needed such as potassium, calcium, vitamins D and B12, minerals, and fiber.



Manage chronic diseases or reduce the risk of developing high blood pressure, diabetes, heart disease, etc.



Lose weight or maintain a healthy weight.



Meet individual calorie and nutrition needs and help to maintain energy levels.

It is also important to note that our daily eating habits change as our bodies get older.

- Add flavor using spices and herbs instead of salt and look for low-sodium food.
- Add sliced fruits and vegetables to your meals and snacks.
- Ask your medical provider to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day.
- If you cannot tolerate milk, try small amounts of yogurt, buttermilk, hard cheese, or lactose-free food.
- Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

Sources: National Institutes of Health (www.nia.nih.gov) | United States Department of Agriculture (www.choosemyplate.gov)

1-833-CL-CARES | TTY 711 8AM-8PM, Monday-Friday
or visit our website at CenterLightHealthcare.org

Information in this material is strictly educational. We recommend that you consult with your medical provider regarding your care. TeamCare Medical is a CenterLight network provider. Other providers are available in the CenterLight network. NO OBLIGATION TO ENROLL. CenterLight Healthcare has an approved PACE contract with the Centers for Medicare and Medicaid Services (CMS) and New York State (NYS). Enrollment in CenterLight Healthcare PACE depends on renewal of its contract with CMS and NYS. Members may be fully and personally liable for the cost of services not authorized by CenterLight Healthcare or outside of the CenterLight PACE program. CenterLight complies with applicable Federal civil rights laws and does not discriminate on the basis of race, national origin, age, disability, sex, ethnicity, religion, sexual orientation, mental or physical disability or source of payment.

Updated 09122025