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5 Tips for Choosing Healthier Foods as You Age

Food provides the nutrients and energy you need as you age. Find tips for making healthy food choices a part of your daily life.


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5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.





Eat a variety of foods each day.

 Fruits	 Vegetables
 Grains	 Protein  Dairy

Read food labels to learn what's in your food.




Choose foods that don't have a lot of sugar, saturated fats, and sodium.

			
✓	✗	✓	✗

Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



You may also be interested in

- Learning more about [how much to eat](#)

- Reading about [healthy meal planning for older adults](#)
- Finding ways to [overcome roadblocks to healthy eating](#)

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