



University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



Prepared by: _____

AGING WITH GRACE: ADVICE FOR MATURE AMERICANS

Eating properly and exercising are important steps that help you enjoy a more productive, healthier and energetic life. As you continue to age, you may need fewer calories. The following food components require special attention:

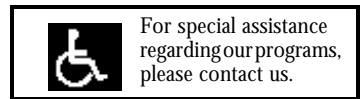
- **Protein** – If you are consuming at least 5 to 7 ounces from the Meat Group you’re probably meeting your needs. Three ounces is about the size of a deck of cards.
- **Iron and Vitamin B 12** – Foods from the Meat Group are excellent sources of iron. Meeting needs can help you avoid feeling fatigued.
- **Zinc** – Helps your body fight infections. Good sources include foods from the Meat Group and whole-grains.
- **Calcium** – Helps reduce your risk of bone fracture due to osteoporosis. Milk and milk products are some of the best sources of this nutrient.
- **Fiber** – provides bulk to your diet, lowers blood cholesterol and helps prevent constipation. Good sources include whole grains, fruits and vegetables.

Keep the Pep in your step:

The trick to staying fit is nutritional well-being and physical activity. Try these tips to get and stay fit!

Remember to consult your physician before beginning an exercise program.

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- Go for a walk around the block with a friend or a pet or walk the local mall. Many indoor malls have mall-walker clubs, check your local mall.
- Try light swimming; many health clubs have water exercise classes.
- Dancing is a good way to get exercise.
- Daily housework like vacuuming or sweeping can get your heart rate up.

Eat Like an Egyptian: five keys for successful aging:

Eating like an Egyptian is referring to following the Food Guide Pyramid. Because you may need fewer calories, the food choices you make are particularly important. Since not single food can give you all the nutrients you need, try some of the following foods from each of the five food groups to maintain a healthful, well-balanced diet.

- Pick 6-11 servings from the Bread Group by eating whole-grain bagels, whole-wheat pasta, oat bran, toast or brown rice.
- Try 3-5 servings from the Vegetable Group by enjoying steamed broccoli, spinach salads, sweet potatoes, or creamed corn.
- Include 2-4 servings from the Fruit Group; try bananas, cantaloupe, grapefruit.
- Eat 2-3 servings of lean meats from the Meat Group. Lean cuts of red meat as well as chicken, fish, beans and legumes are all good choices.
- Eat 2-3 servings from the Milk Group. Try low-fat milk, low-fat yogurt or fat-free cheeses to get the three servings you need for calcium and other essential vitamins.

Sources: 1997 National Pork Producers Council in cooperation with the National Pork Board.

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