

Live Fit Nutrition: For Optimal Health

Nutrition for Healthy Aging

The human body is designed to repair itself. Our cells are able to regenerate and are replaced continually. In order to guarantee that these cells are renewed with strong, healthy ones, you need to eat foods that will provide them with the appropriate nutrients.

Phytonutrients and Fiber

- ❖ Eat a variety of fruits and vegetables. Choose from all parts of the color spectrum, especially tomatoes, berries, dark leafy greens, and orange and yellow fruits.
- ❖ Drink good-quality green, white, or oolong tea.
- ❖ Choose plain dark chocolate in moderation (minimum cocoa content of 70 percent).
- ❖ Fiber intake is recommended at 25-30 grams/day. Aim for 40 grams/day by increasing whole grain, fruit, and vegetable intake. Read labels and look for foods containing at least 4 grams of bran per one ounce serving. Increase water intake when consuming more dietary fiber.

Fats/Protein/Carbohydrates

Minimize your consumption of processed foods and fast foods.

- ❖ Decrease intake of saturated fat by eating less full-fat dairy products and fatty meats.
- ❖ Avoid trans fats by not consuming any products listing partially hydrogenated oil as an ingredient. Do not use vegetable shortening or products made with it.
- ❖ Increase intake of foods rich in omega-3 fatty acids. Such as wild salmon, cod, sardines, walnuts, and flaxseeds.
- ❖ Decrease consumption of animal proteins except for reduced-fat dairy products and fish.
- ❖ Eat more vegetable protein, from beans and soybeans.
- ❖ Increase intake of whole grains. Avoid processed or refined foods, as well as foods made with high-fructose corn syrup.

Vitamins and Minerals

The best way to obtain your daily vitamins and minerals is by eating a diet high in fresh foods with plenty of fruits and vegetables. If taking a calcium supplement, calcium citrate is preferred for best absorption.

Physical Activity and Strength Training

Aim for moderate aerobic activity for a minimum of 45 minutes per day. Walking is an excellent form of physical activity since it requires no equipment and it carries the lowest risk of injury. There is also no cost for walking, with the exception of a comfortable pair of walking shoes.

Strength training is a necessary component of physical activity. Its purpose is to build and maintain bone and muscle mass, both of which diminish with age due to changes in hormone levels and metabolism. Loss of bone mineral density can lead to osteoporosis and fractures later in life. You will want to do strength training two to three days per week, allowing recovery days in between sessions.

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To learn more about your nutritional needs and questions, purchase a 30 minute phone consultation with Alison from **GetFitLiveFit.org**.