

# TIPS ON CHOOSING HEALTHIER FOODS AS YOU AGE

1

Eat a variety of foods each day. These should include fruits, vegetables, grains, protein, and dairy.



## Nutrition Facts

Serving Size oz.		
Serving Per Container		
Amount Per Serving:		
Calories	Calories From Fat	
		% Daily value*
<b>Total Fat</b>		%
Saturated Fat		%
Trans Fat		
Cholesterol		%
Sodium		%
<b>Total Carbohydrate</b>		%
Dietary Fiber		%
Sugars		
<b>Protein</b>		

\*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

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

2

3

Choose foods with reduced sugar, saturated fat and sodium.



DIARY

Keep a food diary to track what you eat.

4

5

Be aware of how many calories you need per day.

### Calories for a woman 60+

Not physically active  
1,600  
Moderately active  
1,800  
Active lifestyle  
2,000-2,200

### Calories for a man 60+

Not physically active  
2,000-2,200  
Moderately active  
2,200-2,400  
Active lifestyle  
2,400-2,600

# 5 TIPS HEALTHIER SKIN AS YOU AGE



## Protect your skin

While outdoors, use sunscreen, wear protective clothing and sunglasses.

## Manage Stress

Manage stress with exercises, yoga, playing music, get enough rest, and other stress relievers.



## Drink More Water and Eat Well

Stay well hydrated and eat healthy diets.

## Use Moisturizer

Use moisturizers and oils daily



## Do not Smoke

Avoiding smoking .

# Signs of Hyperthermia

Watch out for these warning signs of hyperthermia.



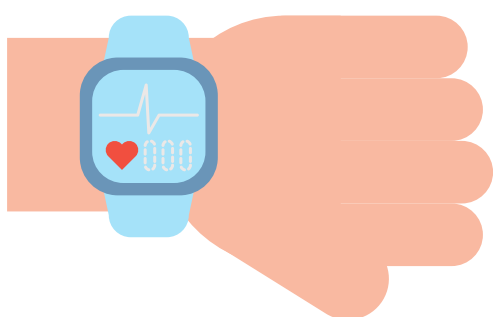
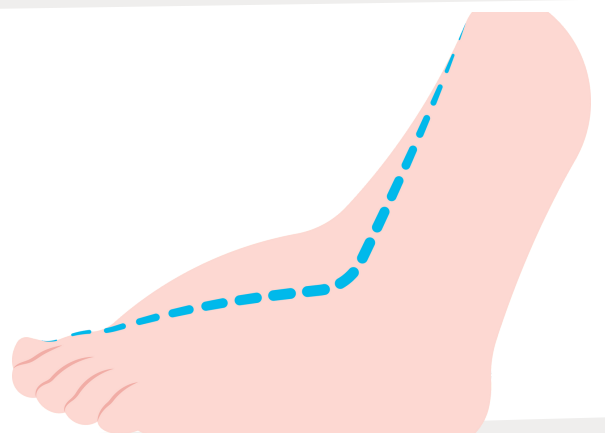
**Dizziness**

**Nausea and weakness**



**Muscle cramps**

**Swelling in your feet and ankle**



**Rapid pulse**

For more information , Visit  
[National Institute of Aging](#)