Top 3 Foods Every Senior Should Eat

As we age implementing a fitness routine is important to staying healthy as it promotes such things as strength and balance. However, proper nutrition is just as important to supplement the fitness aspect. Unfortunately, most seniors do not eat to their nutritional needs as they age. Whether it is due to lack of taste buds or not willing to cook for one, senior’s transition to a diet of high salt and processed foods. Thus leading to joint and tissue inflammation, possible heart disease, and osteoporosis.

According to the Centers for Disease Control and Prevention (CDC) many of the illnesses and deaths that occur with chronic disease could be prevented with nutritional lifestyle changes. Furthermore the National Institutes of Health states that improving senior diets can help reduce the risks of osteoporosis, heart disease, high blood pressure and some forms of cancer. Extensive research has found that eating a variety of foods that provides iron, protein, healthy fats and calcium each day is important to meeting our nutritional needs. In addition, eating a few “super” foods can assist in lowering the risks of stroke, heart disease and Alzheimer’s disease. It can be as easy as 1, 2, 3 to staying healthy!

1. **Super Salmon!**It is true that Salmon and other fatty fish (tuna and mackerel) are one of the best foods to implement within our diet. Fish meet the requirements of a low calorie, low in saturated fat food, but high in protein. They also contain the most important Omega –3 fats or DHA which is crucial to helping lower the bad cholesterol (LDL) while improving the good cholesterol (HDL). Thus assisting in promoting a healthy heart! There has been recent research that increasing the intake of Omega –3 within the diet can assist with improving memory and symptoms of dementia.
2. **Super Nuts!**  
    Walnuts, Almonds, Hazelnuts, Pecans, Pistachios and Peanuts may reduce the risk of heart disease. An ounce of walnuts per day meet the Omega-3 requirement and 35% for the RDA for Vitamin E. Vitamin E is crucial for promoting healing and reducing inflammation within our bodies. It has also been linked to help protect people against Alzheimer’s disease according to the Journal of the American Medical Association.
3. **Super Broccoli!**   
    Eating bright colored vegetables such as broccoli, carrots, green, red, and orange peppers contain high levels of vitamin A, C, calcium and other anti-oxidants. Many studies have shown that people who consumed higher levels of vitamin A and other anti-oxidants over several years have decreased levels of Alzheimer’s disease. A diet rich in four antioxidants of beta-carotene, vitamin C, vitamin E and zinc all help to promote healthy nerve and muscle tissue, decrease in inflammation within the body and healthy eyesight as we age. In addition a diet high in Calcium and Vitamin D assist in promoting strong bones with a decrease in osteoporosis.

Adding these super food groups to your diet is essential for maintaining a healthy body!