



Resident Wellness Newsletter

Super Foods For Super Seniors

While the word "Superfood" is not scientifically defined or regulated, there are many nutrient-dense foods that, if included in your diet, will help you to live a healthier lifestyle. ***Superfoods are everyday foods which contain extra nutrient density and don't provide excess calories, sugar, fat and preservatives.*** Another name for Superfoods are **functional foods** because they provide an extra boost of nutrients. Being able to get all the various nutrients you need from foods that don't provide excess calories, sugar, fat and preservatives can help you manage your weight and live a healthier life.

Aging can lead to a number of anatomical and physiological changes, along with a declining need for calories (a measure of energy) due to several factors, including: digestive issues, Sarcopenia (age-related muscle loss), osteopenia & osteoporosis (age-related bone density loss).



Many studies have proven that weight-bearing exercise 3 times per week is the most effective method of mitigating age-related physical decline. To give yourself an extra boost of prevention, we recommend incorporating these "Superfoods" into your menu on a regular basis:

Berries, dark green leafy vegetables, Curciferous vegetables, salmon, eggs, plain greek yogurt, nuts and seeds, beans, whole grains, allium family of vegetables.

Many of us grew up in a time of "diets" that were intended to cut out all the "bad" foods and only consume the "good foods". Modern wellness is not about focusing on one or two things. Rather, you're trying to look at the totality of everything together. Instead of focusing on fad diets that cut out major food groups, it's important to try to have a balanced plate. A balanced plate would contain $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grain and $\frac{1}{2}$ fruits or vegetables. This diet plan is easy to follow and will help ensure that you have adequate fiber, protein and a variety of fruits and vegetables each day.



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