

# 5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



**Eat a variety of foods each day.**



**Keep a food diary to track what you eat.**



Learn more about healthy eating as you age at [www.nia.nih.gov/healthy-eating](http://www.nia.nih.gov/healthy-eating).

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



**Choose foods that don't have a lot of sugar, saturated fats, and sodium.**



**Be aware of how many calories you need per day.**

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

# Healthier Eating Guide Cookbook

**Ying-Ying Zheng**



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