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FOOD & LONGEVITY

EATING FOR A LONGER, HEALTHIER LIFE

Science has proven that eating the right foods can help us live longer and feel better. However knowing what's right and doing it are two very different things. Especially as we get older. Maybe you've noticed this with a parent. They might be eating too many convenience foods or skipping meals. Want to make sure they're eating their best? Without taking over, there's a lot you can do.

THE EAT SHEET

10 NUTRITION HACKS FOR HEALTH AND LONGEVITY

Get it delivered.

Grocery delivery services are a great way to make sure they have the right food in the house while eliminating a chore they may not enjoy doing. Restaurant delivery services may be a nice occasional treat, too.

Tastes change.

Maybe it's time to find different foods that appeal to their palate. Recipe sites and food blogs are great inspiration and have useful search functions. Find new and easy food options by starting with ingredients or flavors they enjoy.

Needs change.

Change in diet may not be a bad thing. Since we need fewer calories as we get older (age 70 and up), it's important to choose more nutrient-dense foods. Plus fiber and water increase in importance, as do dietary supplements, like calcium, vitamin D and B12.

Keep it simple.

Cooking for one can be daunting. Think more about easy-to-assemble meals, not recipes. Baked potatoes are loaded with nutrients, easy, and can be topped many ways. Or turn toast into a flat bread by adding flavorful spreads and easy greens.

Snack attack.

Everyone loves snacks. Make them work harder by making sure they're fresh and packed with nutrition, like a handful of nuts, a wedge of cheese, or peanut butter on crackers or a banana.

The more the merrier.

Turning a meal into a social activity may not just make it more fun, but more nutritious. Gather the neighbors, the walking group or the bridge club for a weekly meal. When everyone pitches in it's easier and more fun.

The digital dinner.

You don't have to be in the same city to eat together. Technology has an incredible power to bring us closer together, especially with video-chat apps. Make your catch up time over a meal.

Eating better together.

Maybe your own habits could use a tune-up. Learning about healthy options and discovering new recipes are more fun with a partner, so share articles, recipes and meal ideas that will motivate you both toward better eating.

The hidden benefit of watching cooking shows.

Watching people make food on TV isn't just good entertainment. Research shows it encourages people to eat more. Find a show you both can enjoy — and talk about — and see how that may build up an appetite.

Talk about it.

If you notice more significant changes in your parent's diet — unexpected weight loss or heavy reliance on convenience food — it may be time for a more serious chat. Our list of conversation starters is designed to make it easier on both of you.