

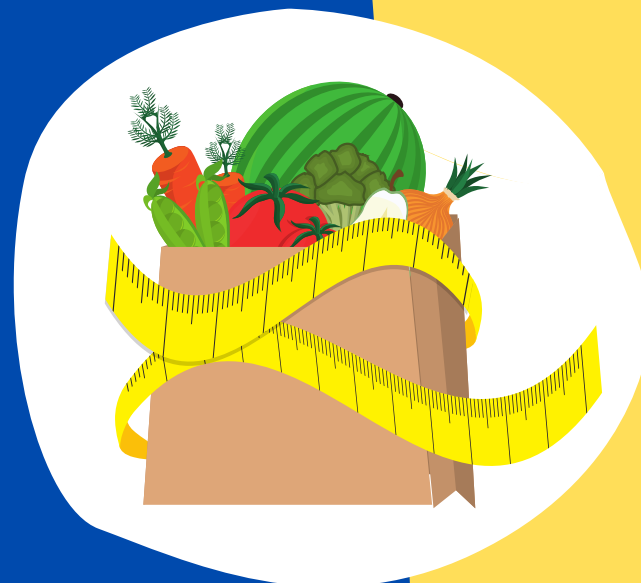


**PRESCRIPTION
for a HEALTHY
OAKLAND**

HEALTHY EATING

for Seniors

Healthy eating and physical activity are key to healthy aging throughout life stages.



Consume more vitamin and nutrient dense foods

Fruits and vegetables

Lean meats like seafood and poultry

Fat-free or low-fat dairy

Beans and unsalted nuts

Be aware of portion sizes

Eat smaller meals more frequently during the day.

Plan meals and snack in advance

It's common to eat unhealthy foods when you are deciding your meal in a hurry.

Take a multivitamin!

Source: National Institute of Diabetes and Digestive and Kidney Diseases, 2019