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Subject: Dietary changes as we age

NEWS YOU CAN USE

BY COMFORT KEEPERS®

Dietary Changes as We Age

Did you know that every year over the age of 40, our metabolism slows? Though our nutritional requirements stay almost the same as younger adults, our energy needs decrease. To keep our bodies feeling good and functioning well, we need to be aware of how our diet needs are evolving as we age. Every stage of life brings changes to our bodies, and taking an active role in diet and nutrition can mean more energy and better disease prevention in the future.

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Fast Facts

A woman over 50 who is somewhat physically active needs about 1800 calories each day. A man over 50 who is somewhat physically active needs about 2200-2400 each day.

A 2014 study revealed less than 25 percent of older Americans have an emergency plan. Of those surveyed, one-quarter said they live alone, and one-third were disabled or in

poor/fair health.

"Colorful foods, which are generally fruits and vegetables, contain many of the vitamins and antioxidants we need - with few calories."

- Joetta Redlin, MS, RD, LD

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