To: Isabella Senior News  
From: John A. Frisch, Seniors Wellness Coordinator  
RE: Healthy Eating  
Release Date: April 2008

Healthy Eating

Achieving a healthy weight may require you to cut back on some favorite foods and change your eating habits. But that does not mean you will be sacrificing delicious meals, dining satisfaction or convenience in the kitchen. You can make the necessary changes to your diet while eating foods that are good tasting, healthy, and practical. Being open to a variety in the kinds of foods you eat and the manner, in which they are prepared, can help you achieve your weight goals and maintain interest. Healthy eating means enjoying great taste as well as good nutrition.

Healthy eating involves a diet emphasizing vegetables, fruits, and whole grains. This approach will reduce your risk of certain diseases. Heart disease, high blood pressure, and many cancers are linked most notably to diets high in saturated fat and refined carbohydrates. So even if weight loss is not your primary goal, adopting a healthier approach to eating can be beneficial.

Maintaining a healthy weight over your lifetime involves an eating plan that you enjoy and never tire of. That means no severe restrictions, no extreme hunger, and no unrealistic expectations are placed on you. You do not want to become disillusioned or bored with your dietary routine. A healthy approach that allows you to eat a wide variety of foods and not feel as if you are starving yourself involves the concept of energy and density.

Older people are most likely to improve their eating habits, but nutrition is important for people of all ages. We know that when people have health problems or their friends become ill, these are strong motivators of change. The more serious the health condition, the more serious the change. People should make changes early in life and prevent health problems, which have an affect on their quality of life. For additional timely healthy updates, visit www.Mayoclinic.com

###