A weekly well-being newsletter

Wednesday

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The Best Foods To Eat After Age 50, According To Nutritionists And A Geriatrician

As we age, our nutritional needs change, and it's important to make dietary adjustments to support our health and well-being. Whether you're over 50 or approaching this milestone, understanding the best foods to eat can help promote bone strength, manage blood sugar levels, and support heart health. In this Wellness Wednesday, we'll explore the recommendations of nutritionists and a geriatrician to provide you with a comprehensive guide to healthy eating after age 50.

Nourishing Your Body with the Right Foods

- **1. Flavorful herbs like parsley, saffron, and rosemary:** Instead of relying on salt for flavor, consider using herbs to season your food. Flavorful herbs like parsley, saffron, and rosemary can enhance the taste of your meals without adding excessive sodium.
- **2. Beans:** Incorporating beans into your diet can provide you with an excellent source of fiber and plant-based protein. Whether you choose chickpeas, black beans, or other varieties, aim to consume at least half a cup of beans per day.
- **3. Low-fat cottage cheese:** Cottage cheese is a high-protein food that can be enjoyed as part of any meal or snack. Pair it with fruit for a sweet and salty combination or blend it into a dip to enjoy with fresh vegetables.
- **4. Dark leafy greens:** Leafy greens like spinach, kale, chard, collard greens, and broccoli are rich in fiber, iron, magnesium, potassium, and calcium. These nutrients are crucial for maintaining heart health, managing weight, and regulating blood sugar levels.



- **5. Berries:** Berries are packed with antioxidants that help reduce inflammation and provide anti-cancer properties. They are also high in fiber, making them an excellent choice for managing blood sugar levels. Add berries to oatmeal, yogurt, salads, or smoothies for a nutritious boost.
- **6. Salmon:** Salmon is a top food choice for people over 50 due to its omega-3 fatty acid content. Omega-3s are beneficial for heart health and have been linked to brain health as well. Aim to include salmon in your diet at least once a week.

7. Nuts and seeds: Almonds, walnuts, flaxseeds, and chia seeds are rich in heart-healthy fats, fiber, and essential nutrients. They can help maintain healthy cholesterol levels, support digestive health, and provide a source of plant-based protein.

8. Lean protein: Opt for lean sources of protein such as poultry, lean cuts of meat, eggs, tofu, legumes, and lentils. Protein is essential for muscle maintenance, immune function, and wound healing.

9. Quinoa and brown rice: Whole grains like quinoa, brown rice, whole wheat, and oats are high in fiber and complex carbohydrates. They provide sustained energy, aid in digestion, and help regulate blood sugar levels.

10. Hydration: Stay hydrated by drinking plenty of water throughout the day. Proper hydration is essential for overall health and can help maintain optimal bodily functions.

Making Healthy Choices for a Balanced Diet

In addition to incorporating these specific foods into your diet, it's important to make overall healthy choices for a balanced eating plan. Here are some general tips to keep in mind:

- **1. Portion control:** Pay attention to portion sizes and avoid overeating. Use measuring cups or a food scale to ensure you're consuming appropriate amounts of food.
- **2. Colorful fruits and vegetables:** Include a variety of colorful fruits and vegetables in your meals to ensure you're getting a wide range of nutrients.
- **3. Whole foods:** Choose whole foods over processed foods whenever possible. Processed foods often contain added sugars, unhealthy fats, and artificial ingredients.
- **4. Meal planning:** Plan your meals in advance to ensure you have nutritious options available. This can help you avoid relying on unhealthy convenience foods.
- **5. Mindful eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues. Eat slowly and savor each bite.
- **6. Regular physical activity:** Incorporate regular physical activity into your routine to support overall health and well-being. Consult with a healthcare professional before starting any new exercise program.

Keep in Mind...

As we age, our nutritional needs change, and it's important to adjust our diets accordingly. By incorporating the recommended foods for people over 50, you can support bone strength, manage blood sugar levels, and promote heart health. Remember to make overall healthy choices, practice portion control, and maintain a balanced lifestyle to optimize your well-being. Consult with a healthcare professional or registered dietitian for personalized guidance on your dietary needs.

BAKED POTATO SOUP

INGREDIENTS

- 2 medium russet potatoes, washed and dried
- One small head of cauliflower, with the stem removed and cut into florets (about 3 1/2 cups or 16 ounces)
- 1 1/2 cups chicken broth (opt for fat-free chicken broth or stock for added flavor)
- 1 1/2 cups 1% reduced-fat milk for creaminess without the extra fat
- Kosher salt and freshly cracked black pepper to taste
- 1/2 cup light sour cream
- 10 tbsp reduced-fat shredded sharp cheddar cheese
- 6 tbsp chopped chives, divided
- 3 slices center-cut bacon for a smoky and savory touch (feel free to use turkey bacon as a healthier alternative).

There's nothing quite like a warm and comforting bowl of loaded baked potato soup. With its creamy texture, savory flavors, and indulgent toppings, it's the perfect comfort dish to satisfy your cravings.

And the best part? You can enjoy all the deliciousness without the guilt, thanks to a few clever ingredient swaps.

This healthier version of loaded baked potato soup is just as creamy and flavorful with less calories! Whether you're a fan of traditional potato soup or looking for a new twist, this recipe will become a family favorite.

Make Ahead and Freezing Instuctions

To Freeze: For longer storage, place the containers in the freezer. The soup will keep well for up to three months.

Thaw and reheat: When you're ready to enjoy the soup, thaw it in the refrigerator overnight. Then, reheat it on the stovetop or in the microwave until warmed through.leftovers, you can also freeze them for up to three months.

Nutrition Information

Serving: 1 cup, Calories: 200 kcal, Carbohydrates: 23 g, Protein: 14 g, Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 17 mg, Sodium: 323 mg, Fiber: 3.5 g, Sugar: 6 g

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Step 1: Prep the Potatoes

Start by washing and drying two medium russet potatoes. Pierce them with a fork and microwave on high for five minutes. Flip them over and microwave for another three to five minutes until tender. Alternatively, you can bake the potatoes in the oven at 400°F for about an hour. Once cooked, allow the potatoes to cool before peeling them.

Step 2: Steam the Cauliflower

While the potatoes are cooking, steam the cauliflower. Cut a small head of cauliflower into florets, removing the stem. Place the cauliflower in a large pot with water and cover it. Steam the cauliflower until tender, then drain the water and return the cauliflower to the pot.

Step 3: Boil the Soup

With the pot on medium heat, add the chicken broth, milk, and cooked potatoes to the cauliflower. Bring the mixture to a boil, allowing the flavors to meld together.

Step 4: Blend the Soup

To achieve a creamy texture, use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, you can transfer the soup in batches to a regular blender. Just be sure to remove the plastic cap and place a towel over the top to let the steam escape while blending.

Step 5: Add the Finishing Touches

Stir in the light sour cream, half of the chopped chives, salt, and pepper. Let the soup simmer on low heat for five to 10 minutes, stirring occasionally. This will allow the flavors to meld together and the soup to thicken slightly.

Step 6: Serve and Garnish

Remove the pot from the heat and ladle a cup of soup into each bowl. Top each serving with two tablespoons of reduced-fat shredded sharp cheddar cheese, the remaining chopped chives, and crumbled bacon. The toppings add a burst of flavor and texture to the soup.

FEATURED EXERCISE

https://www.self.com/gallery/9-ridiculously-effective-exercises-that-work-your-abs



- Start in down dog and lift your right leg into the air, this is your down dog split position (also known as three-legged down dog).
- Bring your right knee under your torso. Pause then extend right leg back to down dog split.
- Now bring your right knee to meet your right elbow. Pause then extend right leg back to down dog split.
- Finally bring your right knee to meet your left elbow. Pause then extend right leg back to down dog split. Make sure you do both sides.

One of the main benefits of Down Dog for your abs is the engagement of your deep core muscles. As you lift your hips up and press your heels towards the floor, you activate your transverse abdominis, which acts like a corset around your waist. This deep muscle engagement helps to stabilize your spine and improves your overall posture. Plus, it gives your abs a great workout!

Another fantastic benefit of Down Dog for your abs is the lengthening and strengthening effect it has on your rectus abdominis, the superficial muscle that forms the coveted six-pack. As you hold this pose, you're essentially doing a standing plank, which means that your abs are constantly engaged to maintain the position. This constant activation helps to strengthen and define your rectus abdominis, giving you those chiseled abs you've always wanted.



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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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