Wellness Wednesday

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Is There Ever an Age to Eat Whatever You Want?

The short answer: Not really. But the good news is, you can still enjoy what you love—with a little balance.

As we age, the idea of eating freely—like indulging in every dessert or skipping the veggies—sounds tempting. But in reality, our bodies change, and so do our nutrition needs. That doesn't mean you can't enjoy your favorite foods. It just means being a little more mindful can go a long way in keeping you feeling strong, energized, and healthy.

BODY CHANGES WITH AGE

As the years go by, our metabolism slows, and we burn fewer calories. However, our bodies need more nutrients, not less.

More of This:

- Calcium, Vitamin D & B12
- Fiber
- Protein
- Water

Less of This:

- Empty calories (sugary drinks, processed snacks)
- Excess salt or saturated fat

Focus on Nutrient-Dense Foods

Instead of eating more, aim to eat smarter. Choose foods packed with vitamins, minerals, fiber, and protein.

Try adding more of these:

- Fruits & Vegetables – Colorful produce for antioxidants and vitamins
- Whole Grains – Oats, brown rice, quinoa for fiber and heart health
- Lean Proteins – Chicken, fish, tofu, eggs, legumes for muscle strength
- Low-Fat Dairy – Or fortified alternatives for calcium and vitamin D

MYTH BUSTER: "I'm Old Enough to Eat What I Want"

While tempting, this mindset can lead to health issues like heart disease, high blood pressure, or type 2 diabetes.

Quick Tips:

- Enjoy treats in moderation
- Practice mindful eating—slow down and savor each bite
- Listen to your body's hunger and fullness cues

Don't Forget to Hydrate

Older adults are more prone to dehydration because our sense of thirst weakens with age.

Stay Hydrated By:

- Drinking water regularly throughout the day
- Eating water-rich foods like fruit, veggies, and soups
- Limiting dehydrating drinks like soda or excessive caffeine

Fuel Movement With Nutrition

Staying active keeps muscles strong and joints flexible. Combine good food with regular movement for the best results.

Best Combo:

- Balanced meals = better energy for walking, yoga, or strength training
- Physical activity = improved digestion, weight management, and heart health

Have a Health Condition? Tailor Your Diet

Managing conditions like diabetes, heart disease, or high blood pressure? Your diet plays a crucial role.

Consult a Pro:

- Work with a doctor or registered dietitian to build a meal plan that fits your lifestyle and supports your health goals.

Bottom Line: Enjoy Food—Wisely

There's no magic age where health stops mattering. But the good news? It's never too late to start eating better. A nutrient-rich diet and healthy habits will help you feel good, stay active, and enjoy life to the fullest.

Aging Well Checklist:

- Eat more whole foods
- Stay hydrated
- Move your body regularly
- Watch portion sizes
- Enjoy treats mindfully

Mexican Street Corn

INGREDIENTS

- 4 ears fresh sweet corn, husks removed
- ¼ cup light mayonnaise
- ½ teaspoon lime zest, from ½ lime
- 2 teaspoons lime juice, from 1 lime
- ¾ teaspoon Tajin or chili powder
- ¼ cup cotija cheese
- 2 tablespoons chopped cilantro

Serving Suggestions

Mexican Street Corn or Elotes pairs beautifully with a variety of summer dishes. Here are some ideas to inspire your next meal:

- Tacos: Serve Elotes alongside your favorite tacos for a complete Mexican feast.
- Grilled Meats: The smoky flavor of grilled corn complements grilled chicken, steak, or fish perfectly.
- Salads: Add sliced Elotes to a fresh salad for a unique twist.

What is Elotes?

Mexican street corn, or Elotes, is a beloved summer treat that captures the essence of vibrant flavors and cultural heritage. This dish, often enjoyed at street fairs and food stalls, combines the sweetness of fresh corn with a zesty, creamy topping is a delicious snack or side dish.

The Cultural Significance

In Mexico, Elotes are more than just a snack; they are a symbol of community and celebration. Street vendors often serve them at fairs, festivals, and family gatherings, making them a staple of Mexican culinary culture. The combination of flavors and textures in Elotes reflects the rich agricultural heritage of the region, where corn has been a vital crop for centuries.

Nutrition Information

Serving: 1 corn, Calories: 137 kcal, Carbohydrates: 19 g, Protein: 4 g, Fat: 6 g, Saturated Fat: 2 g, Polyunsaturated Fat: 2 g, Monounsaturated Fat: 2 g, Cholesterol: 11 mg, Sodium: 242 mg, Potassium: 265 mg, Fiber: 2 g, Sugar: 6 g, Vitamin A: 344 IU, Vitamin C: 7 mg, Calcium: 51 mg, Iron: 1 mg

How to Make It

1. Prepare the Corn

Start by removing the husks and silk from the corn. Rinse the ears under cold water to remove any remaining silk.

2. Grill the Corn

Preheat your grill to medium-high heat. Lightly oil the grill grates to prevent sticking. Place the corn directly on the grill and cook for about 5-7 minutes, turning occasionally until all sides are charred and smoky.

3. Make the Creamy Mixture

While the corn is grilling, prepare the creamy topping. In a small bowl, combine the light mayonnaise, lime juice, and lime zest. Mix until well combined.

4. Assemble the Elotes

Once the corn is grilled, remove it from the heat and place it on a serving platter. Using a silicone brush, generously coat each ear of corn with the lime mayonnaise mixture.

5. Add the Finishing Touches

Sprinkle the corn with Tajín or chili powder, followed by crumbled cotija cheese and chopped cilantro. Serve immediately with lime wedges on the side for an extra zing.

Reference: SkinnyTaste

https://www.runnersworld.com/training/g20864496/cranked-up-cardio/

Featured Exercise

Alternating Crab Reach

HOW TO DO IT:

1. Starting Position: Begin in a crab position with your hands behind you, fingers pointing towards your feet, and your feet flat on the ground. Your knees should be bent at approximately 90 degrees.

2. Engage Your Core: Tighten your abdominal muscles to stabilize your torso. This engagement is crucial for maintaining balance throughout the movement.

3. Reach Across: Extend your right arm towards your left foot while simultaneously lifting your left foot off the ground. Your body should rotate slightly as you reach, creating a diagonal line from your hand to your foot.

4. Return to Start: Lower your left foot back to the ground and return your right hand to the starting position.

5. Alternate Sides: Repeat the movement on the opposite side, reaching your left arm towards your right foot.

THE BENEFITS:

The Alternating Crab Reach is a full-body exercise that mimics the natural movement patterns of crawling. It requires you to balance on your hands and feet while reaching across your body, which challenges your stability and coordination. This exercise is particularly beneficial for athletes, fitness enthusiasts, and anyone looking to improve their overall functional movement.

Click here to view online!

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.

Meet Ulliance Senior Wellness Account Manager