Let's face it, we all age, and as we age our body changes in many different ways. You may feel differently now as opposed to a few years ago.

We all wish there was a magic pill we could take to stop the aging process and stay healthy. When we reach the golden age of 60-70, our sense of smell and taste decreases. This is why many older people find ordinarily seasoned food bland, or food too salty or spicy. Medications also can play a role in taste changes.

Following a few tips can ensure that you receive top quality nutrition and not compromise your nutritional status.

- Try new seasonings like herbs, spices, different recipes and new foods.
- Try to eat small, frequent meals instead of three large ones if you feel less hungry.
- Add textures to foods, by using croutons on your salads or bacon bits on baked potatoes.
- Eat plenty of fiber to help with bowel regularity.
- Eat plenty of fruits and vegetables to ensure adequate sources of Vitamins A and C.
- Ensure that you eat 2-3 servings daily of dairy products for your bone health.
- Consume adequate sources of protein for Vitamin B12 and iron to prevent anemia and nerve dysfunction.
- Make sure that you consume adequate fluids, including water. Try for eight 8-ounce glasses per day.
- Plan meals in advance, and learn to read food labels.
- Be aware of expiration or use-by dates for food safety.
- If you are on a limited budget, try cooking a large quantity and freezing it in smaller containers for later dates.
- Plan meals around sale items and try store brands they are equal to name brands.
- Stay active this will keep weight down and bones strong and healthy.
- Do crossword puzzles, read, stay informed this will keep your mind active!

Source: Ohio State University Extension Service and National Institutes of Aging.
Prepared and Made Available by:
Mandy G. Armentor, LDN, RD and Asst. Extension Agent-Nutrition
Vermilion Parish Extension Service/LSU AgCenter