

Nutrition for Seniors

Healthy eating is important at any age, but becomes even more so as we get older. Your diet can either support or undermine your emotional and physical health as you move into midlife and beyond. These articles explore how different food choices can impact your health and well-being.



[Eating Well as You Age](#)

As you get older, eating well can help improve mental acuteness, boost your energy levels, and increase your resistance to illness. But eating well is about more than just the food that you eat.



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[Healthy Eating](#)

By using these simple tips, you can cut through all the confusing nutrition advice out there and learn how to create a tasty, varied diet that is as good for your mind as it is for your body.



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[Choosing Healthy Fats](#)

By understanding the difference between good and bad fats and how to include more healthy fat in your diet, you can improve your mood, boost your energy and well-being, and even lose weight.



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[Refined Carbs and Sugar: The Diet Saboteurs](#)

They're the comfort foods we crave when we're feeling down or stressed, but simple or refined carbohydrates cause rapid spikes in blood sugar, fluctuations in mood and energy, and a build-up of fat.



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Diet and Nutrition Tips for Women

Choosing the right food can not only support your mood, boost your energy, and help you maintain a healthy weight, it can also be a huge support through the different stages in a woman's life.



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Calcium and Bone Health

Calcium is an essential building block for lifelong bone health in both men and women, and not getting enough in your diet can contribute to anxiety, depression, and sleep difficulties.



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[Organic Foods: What You Need to Know](#)

Use this guide to help you make better choices about shopping organic, including how to make eating organic more affordable.



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[Choosing Healthy Protein](#)

When it comes to making the best protein choices to keep your body and mind healthy, *quality* is just as important as *quantity*.



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[High-Fiber Foods](#)

By using these tips to add more fiber to your diet, you can help prevent serious disease and look and feel your best.



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[Healthy Fast Food](#)

Finding a healthy, well-balanced meal in most fast food restaurants is a challenge. But there are always healthier options hidden among the diet disasters.

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