

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.

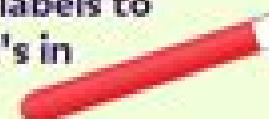


Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.

Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600



National Institute
on Aging

Best Healthy Aging Alternatives

Guillaume Favre

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Table of Contents Best Healthy Aging Alternatives

1. Understanding the eBook Best Healthy Aging Alternatives
 - The Rise of Digital Reading Best Healthy Aging Alternatives
 - Advantages of eBooks Over Traditional Books
2. Identifying Best Healthy Aging Alternatives
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Best Healthy Aging Alternatives
 - User-Friendly Interface
4. Exploring eBook Recommendations from Best Healthy Aging Alternatives
 - Personalized Recommendations
 - Best Healthy Aging Alternatives User Reviews and Ratings
 - Best Healthy Aging Alternatives and Bestseller Lists
5. Accessing Best Healthy Aging Alternatives Free and Paid eBooks
 - Best Healthy Aging Alternatives Public Domain eBooks
 - Best Healthy Aging Alternatives eBook Subscription Services

- Best Healthy Aging Alternatives Budget-Friendly Options
- 6. Navigating Best Healthy Aging Alternatives eBook Formats
 - ePUB, PDF, MOBI, and More
 - Best Healthy Aging Alternatives Compatibility with Devices
 - Best Healthy Aging Alternatives Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Best Healthy Aging Alternatives
 - Highlighting and Note-Taking Best Healthy Aging Alternatives
 - Interactive Elements Best Healthy Aging Alternatives
- 8. Staying Engaged with Best Healthy Aging Alternatives
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Best Healthy Aging Alternatives
- 9. Balancing eBooks and Physical Books Best Healthy Aging Alternatives
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Best Healthy Aging Alternatives
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Best Healthy Aging Alternatives
 - Setting Reading Goals Best Healthy Aging Alternatives
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Best Healthy Aging Alternatives
 - Fact-Checking eBook Content of Best Healthy Aging Alternatives
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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