

Nutrition and Hydration

Maintaining a healthy diet and staying hydrated are crucial for overall well-being in older age.

- **Balanced Diet:**
 - Focus on nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and low-fat dairy.
 - Limit processed foods, sugary drinks, and unhealthy fats.
 - Consult with a registered dietitian or healthcare provider for personalized dietary recommendations.
- **Hydration:**
 - Drink plenty of water throughout the day, even if you don't feel thirsty.
 - Carry a water bottle and sip on it regularly.
 - Include hydrating foods like fruits and vegetables in your diet.
 - Be mindful of medications that can cause dehydration.
- **Supplements:**
 - Talk to your doctor about whether you need any vitamin or mineral supplements.
 - Common supplements for seniors include vitamin D, calcium, and vitamin B12.