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Diet Plan for Seniors

It becomes an important aspect of concern for the elder people to plan about their diet habits when they enter into higher ages in their lives. Digestive system problems are the [Provigil pharmacy](#) most frequent source of discomfort for the older people. Sometimes these problems tend people to avoid foods that would otherwise be healthy for them in addition to their routine diet. In older ages one should limit sweets, regular coffee and tea, greasy or fatty foods, alcohol, oil, salt, and A"junkA" foods. One must start taking plenty of fruits, whole grain breads, cereals, vegetables, drink plenty of fluids especially water.

People who develop diabetes, high blood pressure, and heart disease, may have to put necessary considerations in meal planning. By limiting fat, salt, and sugar, vegetarian diets can also be useful in controlling high blood pressure, heart disease, and other conditions. Depression and loneliness can further contribute to a disinterest in eating. Many seniors do not have the economical means, knowledge, or willingness to ensure the most nutritious choices in food selection and meal preparation, the result being malnutrition and potential health problems. For such people consulting a registered dietitian is the best way to cope up with the eating disorder likely to occur.

Older persons should up the intake of certain elements in their food to keep them healthy in their older ages. Calcium, especially important for women so as to fight against the bone disease, osteoporosis, men also need calcium for bone health. Green vegetables and milk are the main source of getting it. Protein, is vital to the health of the elderly. Protein sources that are easy to prepare and digest include milk, poultry products and cereals etc.

Fiber, the digestive systems of most seniors tend to slow down with age, dietary fiber is important for regularity. Fruits, vegetables and some cereals provide ample servings of dietary fiber. Oils and fats: Since activity level is reduced later in life it is important to cut down on the amount of fats and oils consumed. Sugar: Less sugar should also be consumed as one ages. Excessive consumption of sweets leads to obesity and diabetes associated with being overweight.

As you age more, your needs for nutrition increase. Your body is in a degenerative mode. Growth of cells and tissues is slow but repairing of tissues is at a higher rate. Requirement of vitamins, proteins, minerals, fluids and carbohydrates changes in old age. And all these nutrients have to be packaged in easy-to-digest and easy-to-absorb, small frequent meals which are spread out and spaced well over the entire day.

About Author
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