

Dietary Tips for Older Folks

Aim for more of these nutrients to stay your healthiest:

- Protein for strength & healing
- Calcium & Vitamin D for bone health
- Vitamin B12 for energy
- Fiber to stay regular and control blood sugar
- Unsaturated fats for heart health
- Make sure to watch your sodium intake.

As we age, our bodies have different needs. Follow these tips to make eating more healthfully easier:

- ✓ Go to the dentist on regular basis.
- ✓ If you have dentures, choose soft fruits and vegetables or try baking or steaming them.
- ✓ Prepare meals in batches and freeze. Store in small containers to have a healthy meal on hand.
- ✓ If you have trouble chewing or swallowing, add broth and sauces to make it easier to chew.
- ✓ Buy frozen or pre-cut fruit and vegetables to save time.
- ✓ Use hand choppers, blenders and food processors.
- ✓ Try crockpot and microwave cooking for no-fuss meals.
- ✓ Cross-utilize ingredients to make multiple meals (see recipes on next page)



Crock Pot Chicken: 3 Ways

2 lbs.	Chicken (leg, breast, or thigh)
1 Cup	Chicken or Vegetable Stock, low sodium
1/8 tsp	salt
to taste	Black pepper, ground
2 tsp	salt-free seasoning blend

Directions:

1. Add all ingredients to a slow cooker. Cook the chicken for 2-3 hours on high.
2. While the chicken is still warm, shred with 2 forks. Use chicken to add to any dish.

Crockpot Chicken Quesadilla | Servings: 1

1 ea	Corn tortilla
1 Cup	shredded chicken
1/4 Cup	low fat cheese
	avocado, salsa, beans (optional)

Directions:

1. Gather all ingredients and equipment.
2. Heat whole wheat tortilla on a stovetop pan.
3. Sprinkle ¼ of cheese on one side, add ½ chicken and fold tortilla over.
4. Heat until cheese has melted. Serve with avocado, salsa and beans.

Crockpot Chicken Soup | Servings: 2

2 Cups	Chicken or Vegetable Stock, low sodium
1 Cup	shredded chicken
1 Cup	frozen vegetables (your choice)
1/2 Cup cooked	whole wheat pasta or brown rice
2 tsp	salt-free seasoning of choice
1/8 tsp	salt
to taste	fresh ground black pepper

Directions:

1. Gather all ingredients and equipment.
2. Add all ingredients to medium pot.
3. Heat until veggies are soft and soup is warmed through.
4. Serve with whole grain or gluten-free crackers or a whole grain or gluten-free roll.

Crockpot Chicken Salad | Servings: 1

1/2 Cup	Greek yogurt, 0% fat, plain
1 Cup	shredded chicken
1/4 Cup	raisins
2 tsp	dried chives
1/8 tsp	salt
to taste	fresh ground black pepper

Directions:

1. Gather all ingredients and equipment.
2. Mix together yogurt with shredded chicken, raisins, dried chives, salt, and pepper.
3. Spread on whole wheat bread or serve with whole grain or gluten-free crackers.