



# News For Older Americans

## Nutrition: A Key To Health For Seniors

(NAPSA)—Many believe that the idea “you are what you eat” has particular significance for seniors.

That’s because following a healthy diet can often lead directly to a better quality of life, including being more alert, having a stronger immune system, more energy, faster recuperation times and the ability to do a better job managing chronic health problems.

It’s also said that eating well can lead to a more positive outlook and better emotional balance. Plus, it can also help to keep muscles, bones, organs and other body parts stronger over time.

### Stay Hydrated

Part of a proper diet is making sure you drink enough water. Seniors can be prone to dehydration because their bodies may lose some of their ability to regulate fluid levels and their sense of thirst on a regular basis. Drinking water with meals can help them avoid urinary tract infections, constipation and possibly confusion.

### Take Your Vitamins

Even those who pay attention to nutrition can sometimes benefit from taking a vitamin supplement, particularly when it comes to getting enough vitamin B and vitamin D.

- After age 50, a person’s stomach produces less gastric acid, which can make it difficult to absorb vitamin B12, a vitamin needed to help keep blood and nerves vital. In order to get the recommended daily intake (2.4 mcg) of B12, it may be necessary for some to take a supplement.

- As people get older, their skin is less efficient when it comes to synthesizing vitamin D, which,



**The benefits of healthy eating can often lead directly to a better quality of life for seniors—particularly, increased alertness and a stronger immune system.**

together with calcium, can help to protect older adults from osteoporosis, so taking a supplement may be to your benefit.

In both cases, as with any vitamin or nutritional supplement, it’s best to consult your doctor before beginning a supplement program.

### Get an Assessment

Since poor eating habits are a primary concern among the senior population, home health care aides are playing an increasingly important role in providing support for those who might be at risk. In light of this and other issues, Interim HealthCare—one of the leaders in the home care industry, providing services to over 50,000 individuals nationwide—offers a free independent living assessment for seniors.

To learn more or to take the free assessment, you can visit [independentlivingassessment.com](http://independentlivingassessment.com).