

# 5 Tips To Eat Well As You Age



## #1 Healthy Hydration

As we age, we start to lose that ability to notice when we're getting dehydrated, so fill up your favorite water bottle every day with 8-12 cups.



## #2 Half a Plate of Color

The best way to slow down aging and disease is to eat your fruits and veggies. And make sure they're colorful and varied to ensure you're getting the right vitamins and minerals.



## #3 Protein Power

We need more protein as we age. Make sure to get a variety, from eggs to meat to vegetarian protein options.



## #4 Dairy Rich

Dairy foods help you get that much needed calcium and vitamin D. If you use a milk substitute, look to make sure it's fortified with calcium and vitamin D.



## #5 Fiber Fortified

Eat whole grains at least two to three times daily. Look for whole wheat flour, rye, oatmeal, barley, amaranth, quinoa or a multigrain.



MARQUIS  
COMPANIES