



Healthy Aging Month!

No matter who you are one thing is certain, you are aging. Our bodies are designed to begin slowing down as we enter into our 30s. With change we can experience either negative or positive impacts to our overall health. Much of what we will either lose, maintain or gain depends on whether or not we will choose to change our lifestyle to compliment our changing bodies. Here are a few changes we can anticipate and how we can be proactive in making a smooth, healthy transition in physical and mental maturity.

Circulation-Healthy agers are movers who stay physically active and who consume mostly fruits, vegetables and lean meats. They have healthy heart muscles and fast blood flow that increases vascular reactivity. They avoid foods full of sugar and unhealthy oils that contribute to stiffening and narrowing of blood vessels.

Bone Density-Healthy agers engage in weight bearing activities like pushing a lawnmower, heavy gardening, jogging, walking, hiking, stair climbing, step aerobics, and racquet sports. They also eat foods rich in vitamin D and calcium, limit alcoholic drinks and do not smoke.

Gums and Dentition-Healthy agers brush and floss twice a day. They visit the dentist regularly.

Digestion-Health agers eat plenty of high fiber foods that combat constipation, colon cancer, and excess blood sugar. They get plenty of physical activity and stay well hydrated. They also eat more natural foods and less prepackaged foods twice as often in proportions that are half as much as in their younger years. The benefits they enjoy are: sustained insulin levels meaning less sugar spikes, sustained energy levels and less bloating and fullness with more appetite satisfaction.

Mental Clarity-Healthy agers keep their minds challenged. They learn new skills, explore new ideas, and are involved in social activities. They get a full night of sleep, fresh air, sunlight, and exercise that releases chemicals that lift their mood and fight depression. They eat a variety of fruits and vegetables that aid the nervous system and support brain health.

All About Fiber

Fiber is a non-digestible component of plant foods found in whole grains, vegetables, fruits, nuts, seeds and legumes. Because fiber is not digested by the body, it does not add any calories, but it does provide a variety of benefits. When included in the diet, fiber aids in digestion, helps feed the healthy gut bacteria, increases satiety of meals and promotes prevention of a variety of aging-related conditions. When looking at the nutrition facts panel, a good source of fiber has at least 3 grams and an excellent source of fiber has at least 5 grams. Aim for 28 grams of fiber per day. When increasing your fiber intake, be sure to couple it with adequate hydration. Here are some great sources of fiber:

- 1/2 Cup Canned Beans: 6-9 grams
- 1 Cup Berries: 5-8 grams
- 1 Cup cooked Oatmeal: 4 grams
- 1 Ounce Almonds: 3 grams
- 1 Cup Broccoli: 5 grams
- 3 Cups Popcorn: 4 grams

Breakfast Time

Try this quick breakfast, full of fiber and easy to make for just one or a whole family. All you need is oatmeal, frozen berries, chopped nuts, and any other toppings you enjoy. Cook the oatmeal per instructions and portion out 1 Cup servings (4 grams fiber). Thaw frozen berries and add 1/2 cup or more to the oatmeal (2+ grams fiber), top with 1/4 Cup nuts (3+ grams fiber). Additional topping can include honey or chocolate chips for some sweetness, chia seeds, coconut, flax seeds or more fruit to add even more fiber.

Overnight Oats:
for an even quicker breakfast add oats, milk, frozen berries and other toppings to a container, mix & store it in the fridge overnight. Serve cold or warm for a simple grab and go breakfast!

