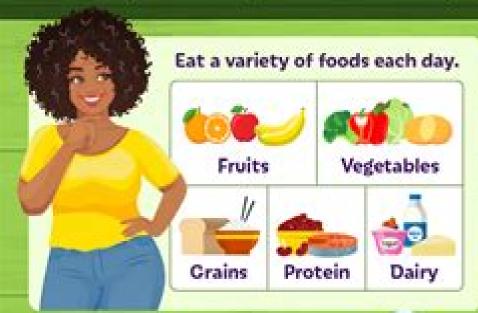
5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.

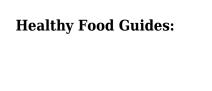


Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Healthy Food Guides

M Walker



This book delves into Healthy Food Guides. Healthy Food Guides is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Healthy Food Guides, encompassing both the fundamentals and more intricate discussions.

- 1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Healthy Food Guides
 - Chapter 2: Essential Elements of Healthy Food Guides
 - Chapter 3: Healthy Food Guides in Everyday Life
 - Chapter 4: Healthy Food Guides in Specific Contexts
 - ∘ Chapter 5: Conclusion
- 2. In chapter 1, the author will provide an overview of Healthy Food Guides. This chapter will explore what Healthy Food Guides is, why Healthy Food Guides is vital, and how to effectively learn about Healthy Food Guides.
- 3. In chapter 2, the author will delve into the foundational concepts of Healthy Food Guides. This chapter will elucidate the essential principles that must be understood to grasp Healthy Food Guides in its entirety.
- 4. In chapter 3, the author will examine the practical applications of Healthy Food Guides in daily life. This chapter will showcase real-world examples of how Healthy Food Guides can be effectively utilized in everyday scenarios.
- 5. In chapter 4, this book will scrutinize the relevance of Healthy Food Guides in specific contexts. This chapter will explore how Healthy Food Guides is applied in specialized fields, such as education, business, and technology.
- 6. In chapter 5, this book will draw a conclusion about Healthy Food Guides. The final chapter will summarize the key points that have been discussed throughout the book.
 - This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Healthy Food Guides.

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