

正確飲食

Eat Right

– Academy of Nutrition and Dietetics

食物，營養和健康的秘訣，來自於營養和營養學的學院。



老年人的正確飲食。

正確的飲食是不必複雜的。你吃之前，想想你盤子或碗內的東西。選擇沒有過多熱量的食物。建構您的健康盤子像蔬菜，水果，全穀物，低脂奶製品和瘦肉蛋白質的食物。試試這些正確的飲食秘訣。

讓您的盤子內有一半的水果和蔬菜。

多吃各種蔬菜，特別是深綠色，紅色和橙色的蔬菜以及豆類和豌豆。包括新鮮，冷凍和罐裝蔬菜。選擇“減鈉”或“無添加鹽”的蔬菜罐頭。在吃飯或吃零食中添加水果。買乾燥，冷凍或罐頭內有水或100%果汁罐頭的水果，以及新鮮水果。

使至少一半的穀物整體。

選擇100%全麥麵包，麥片，餅乾，麵食和糙米。此外，固定尋找富含纖維的穀物。

轉換無脂肪或低脂肪牛奶，酸奶和奶酪。

年長者需要更多的鈣和維生素D，以幫助保持骨骼健康。包括每天三份的脫脂或低脂牛奶，酸奶或乳酪。如果你是乳糖不耐症，嘗試無乳糖牛奶或強化鈣之豆奶飲料。

變換您蛋白質的選擇。

每星期吃各種來自蛋白質的食物，如海鮮，堅果和豆類，豌豆，或是瘦肉，家禽和雞蛋。

減少鈉和來自固體脂肪及添加糖的零卡路里。

在你購買食品中找出鹽（鈉）。比較食品中的鈉，並選擇那些具有較低的數字。確定添加香料或草藥中的調味品沒有加鹽。偶然吃飽和脂肪的主要來源食物如甜點，比薩餅，奶酪，香腸和熱狗，它們不是每天的食物準備食物時，把固體脂肪轉換成油以水代替含糖飲料。選擇水果作為甜點。少吃含糖的甜點。

享受你的食物，但吃少些。

大多數老年人需要的熱量比年輕時更少。避免過量。嘗試使用更小的盤，碗和玻璃。經常在家裡煮飯菜，你就能控制是什麼東西在你的食物裡面。外出就餐時，選擇低熱量的菜單選項。選擇菜餚，包括蔬菜，水果和粗糧。當份量較大時，和別人分享美食，也可以帶一半回家，晚點再吃。記下你所吃的東西，以便追蹤你吃了多少食物。

以你的方式讓身體活動。

挑選你喜歡做的活動，你就可以開始了。因為你花多一點時間活動，每一點加起來，健康福利隨之增加。如果您目前處於非活動狀態，開始活動幾分鐘，譬如散步。逐步增長活動時間，你會變得更強壯。

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.



Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose “reduced sodium” or “no-salt-added” canned vegetables.

Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry and eggs.

Cut back on sodium and empty calories from solid fats and added sugars.

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt.

Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods.

Switch from solid fats to oils when preparing food.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often.

Enjoy your food but eat less.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

Cook more often at home, where you are in control of what's in your food.

When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

Write down what you eat to keep track of how much you eat.

Be physically active your way.

Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

Consult a registered dietitian nutritionist

if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Visit www.eatright.org to find a registered dietitian nutritionist near you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the public's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.