

Unique Lifestyle = Unique Needs



There is no specific, set diet designed to serve every individual equally. That’s because each adult has a unique lifestyle and body type. Someone who works in an office all day and has little time to exercise generally needs less fat and fewer calories than someone who works in a physically demanding job.

How much do you think about what you eat? If you think that paying close attention to your diet is only for those who are trying to lose weight, you’ve got the wrong idea. Each individual should be giving a lot of thought to the kinds of food that they fuel their body with, regardless of their current health status. Many health problems don’t become obvious until later in life, because the body didn’t get the nutrition that it needed to prepare for a long, healthy lifespan earlier. The first step

toward better nutrition is knowing just how and what you should be eating.

Many of us have deeply rooted bad nutrition habits, possibly from as far back as our childhood. It takes hard work to change our tastes and give up foods that we love, but it’s a change that we have to make if we plan to avoid disease and stay healthy into our later years.

If at all possible, combine a new nutritious diet with an excellent exercise routine. Building muscle mass and keeping your cardiovascular system active helps your body burn fat effectively, process vitamins and minerals, and prepare itself for a long, productive life. Exercise is also an important part of warding off diabetes, obesity, and even mental diseases like dementia.

Every adult has a unique lifestyle and body type which requires careful consideration and planning to develop nutritious habits.



LEARN MORE

Make smart decisions about your health and visit a physician or health specialist for advice and questions.

USDA Nutrition Information

www.choosemyplate.gov

National Agriculture Library

www.nutrition.gov

American Society for Nutrition

www.nutrition.org

NUTRITION FOR ADULTS



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DIRECTIONS**

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An Unhealthy Culture

Unfortunately, we live in a culture that puts a low priority on nutrition. The least expensive, most convenient food options are usually also the least healthy ones. That means that eating right starts with a commitment to spend the time, money, and energy necessary to do so. The sacrifice is well worth it—before long, you will find yourself feeling better throughout the day and looking forward to meal times like never before. Believe it or not, once you have grown accustomed to the right kinds of foods, those sodas and fast-food burgers will lose their attraction. You'll see them as the artificial, unhealthy choices that they really are.

Balanced Diet

The biggest problem in many people's diet is imbalance. The body needs a variety of nutrients in the right proportions to function well. If you find that your daily diet is emphasizing one or two of the food groups (grains and meats, for example) and neglecting others (vegetables and fruits, perhaps), you have an opportunity for improvement.



Within the food groups, however, some choices are better than others. Lean meats like chicken and turkey are better than higher-fat beef. The less cooked vegetables are, the better. And when it comes to that pesky "oils and fats" food group, it's always preferable to avoid butter, shortening, and other solid fats in favor of nut and vegetable oils.

Common Problems

To get you started identifying your specific needs, here are some common deficiencies among adults. Do you need to add more of these to your meals?

Fiber

Fiber works hard in the body to aid digestion and control cholesterol. Whole grains are excellent sources of fiber, but most common grains are processed and far less beneficial. Choose whole wheat bread instead of white bread and whole grain cereals instead of sweetened ones.

Calcium

Calcium is critical for healthy bones. Not getting enough can lead to osteoporosis and other skeletal problems in later years. If necessary, increase your consumption of low-fat milk and yogurt.

Vitamins and minerals

Vitamins and minerals build the body's vital systems. They are abundant in vegetables, fruits and fish. The more vegetables and fruits are cooked and processed, the fewer useful nutrients they provide.

Fats

Fats, particularly saturated and trans fats, can lead to obesity. We all know that we should eat less unhealthy fats, but many times we don't realize how much fat is in our favorite foods. Investigating nutrition labels for fat content can be quite an eye-opening experience.

Cholesterol

Cholesterol is a leading cause of heart trouble. As cholesterol builds in the arteries, it places extra pressure on the heart and constricts blood flow. There are two main ways to battle high cholesterol: eat low-fat, low-cholesterol foods, and increase your fiber intake.

Sodium

Sodium in high doses increases blood pressure, a major obstacle to cardiovascular health. Even foods that do not taste too salty can be very high in sodium. In particular, check frozen, processed meals for high sodium content.



Begin Good Habits

Habits are either your worst enemies or your best friends when it comes to nutrition. Bad habits cause you to snack on salty, fatty foods and sugary beverages without even realizing you're doing so. Good habits, on the other hand, can put you into a pattern that will make healthy eating and exercise a normal part of life. The more you add good nutrition and workouts to your daily routine, the more it will "stick" and the more you will enjoy it.



Helpful Tips for a Healthy Diet

- Set yourself up for success by making small steps toward building a healthy diet, like adding a salad to your daily diet or eating less fast food. Small changes can add up to big gains when you make healthy choices!
- Prepare your own meals. Monitor what you're eating and avoid unhealthy restaurant portions.
- Replace animal fats and carbohydrates with vegetable fats (such as switching butter for olive oil).
- Avoid packaged and processed foods and opt for more fresh ingredients.
- Focus on how you feel after eating a meal. By making healthier choices, you will feel better after eating. Junk food drains you of your energy, leaving you feeling tired.
- Water helps to flush our systems of waste products and toxins. Not getting enough water causes tiredness, low energy, and headaches. By staying hydrated, you'll also reduce your hunger.

Don't let any more time go by before deciding to adjust your diet— the sooner you begin, the more productive and enjoyable your future will be!

The body needs a variety of nutrients in the right proportions to function well. Be sure to balance your diet across the food groups.