



If you use or are thinkin about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars.



EATING HABITS CHANGE THROUGHOUT THE LIFE SPAN. AS YOU GET OLDER BE SURE TO Eat seafood, dairy or fortified

Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat optic

HEAD BEN CALL

Regular physical activity supports a number of health benefits, including brain function, balance, and bone strength.