Healthy Eating in Indian Country: 10 Nutrition and the Older Adult

Getting older can change the way a person's body uses food. Foods may not taste the same as they used to. Healthy eating and regular exercise can give you the energy and strength to enjoy an active life.

Eating Tips

- You may find it hard to eat three full meals each day. Try eating five or six small meals each day.
- Healthy snacks can help you get the vitamins and minerals your body needs. Try snacks of crackers and cheese. Try tuna fish or half a chicken sandwich between meals. Fruits and vegetables also make good snacks.
- Drink lots of water and fruit juices.
- Eat a variety of foods every day. For example:

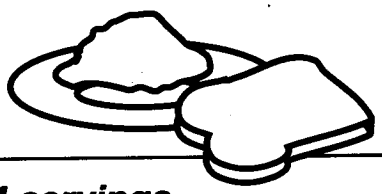
whole-grain cereals	breads
lowfat milk	nuts
vegetables	fruits
rice	pasta
lean meats	fish
poultry	eggs

- Limit fatty and sugary foods.
- Eat plenty of dairy foods to be sure to get the calcium you need as you get older. Try half a glass of lowfat milk with meals.
- Try herbs, spices, lemon juice, or garlic on foods instead of salt.

How To Make Meals More Enjoyable

- A meal program for the elderly is probably available near you. These meals offer good food and the chance to get together with other people. Ask your local tribal officials for more information.
- Join or start a group where everyone gets together and brings a favorite dish.
- Ask a friend to lunch or dinner at your home. It's more fun to cook for two. Next time, a friend can invite you!

Visit your Indian Health Service doctor or clinic to find out about the right nutrition and exercise program for you.



COTTAGE CHEESE AND CINNAMON TOASTIES

Makes 4 servings

4 slices bread, toasted
1 cup lowfat (1%) cottage cheese
1-1/3 cups canned peaches in light syrup, sliced and well drained
1/2 teaspoon cinnamon

1. Spread toasted bread with cottage cheese.
2. Top with peach slices.
3. Sprinkle with cinnamon.
4. Broil until heated through, about 5 minutes. Serve immediately.

Nutrition information for 1 serving

Calories = 154 Carbohydrates = 26 grams Protein = 9 grams Total Fat = 2 grams
Saturated Fat = 1 gram Cholesterol = 3 milligrams Sodium = 363 milligrams

TUNA LOAF

Makes 4 servings

1 12-1/2-ounce can water-packed tuna, undrained
1/2 cup bread crumbs
1/4 cup dry egg mix plus 1/4 cup water
1/4 cup onion, chopped
1 teaspoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon chili powder

1. Mix all ingredients well.
2. Press into a lightly oiled baking dish or form a loaf in a baking pan.
3. Bake uncovered at 350 degrees for 30 minutes.

Nutrition information for 1 serving

Calories = 211 Carbohydrates = 12 grams Protein = 28 grams
Total Fat = 5 grams Saturated Fat = 1 gram Cholesterol = 84 milligrams Sodium = 496 milligrams