

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.



Eat a variety of foods each day.



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

Choose To Be Healthy

Tao Wei



Choose To Be Healthy:

Embracing the Beat of Appearance: An Psychological Symphony within **Choose To Be Healthy**

In some sort of eaten by displays and the ceaseless chatter of quick communication, the melodic elegance and mental symphony produced by the written word frequently fade in to the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. But, located within the pages of **Choose To Be Healthy** a charming literary prize overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the moving examination, we will investigate the book is key harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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