

Nutrition & Healthy Aging

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How we fuel our
bodies matters...





- Prioritize nutrient-rich foods
- Limit foods with unhealthy additives
- Say yes to fruit & vegetables
- Watch portion sizes
- Limit or avoid alcohol



Why eat protein-rich foods?





Do we need more
protein as we age?



Why eat a rainbow?





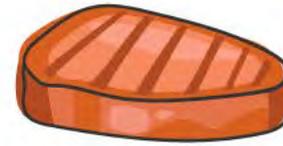
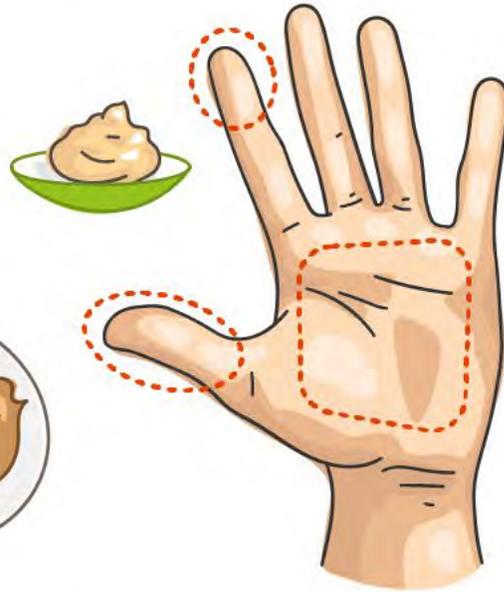
- Red** protects against cancer & heart disease
- Purple** good for heart, brain, bones
- Green** good for eyes, lungs, liver, gum health
- White** supports healthy bones, circulation, fights heart disease & cancer
- Yellow/Orange** benefits eye health, immune function, growth



LIMIT

Portion Sizes

Fingertip
(1 teaspoon)
Mayonnaise

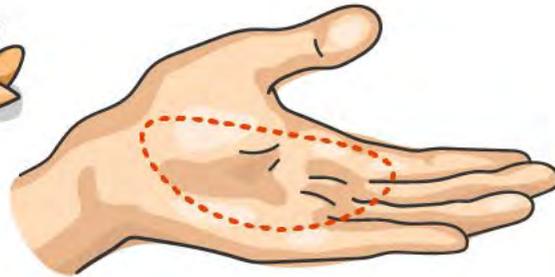


Palm
(3 ounces)
Meat

Thumb
(1 tablespoon)
Peanutbutter



Cupped Hand
(1/2 cup or 1 ounce)
Almonds



Fist
(1 cup)
Rice





Drink more
water





75% of Americans
suffer from chronic
dehydration

- Consult your health care provider on water recommendations if you have heart, kidney or liver health issues
- Fruits and vegetables can also help hydrate
- Signs of dehydration:
 - Tired or lightheaded
 - Dark urine
 - Urinating 3 times or less a day

Thank You

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