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EAT WELL, AGE WELL.

WHY SHOULD YOU TRACK NUTRITION?

Nutrition and what we eat affects our lives day to day and over time. The human body needs many vitamins and minerals in order to function correctly. While some think they are eating healthy, they may learn their body does not have enough of a specific nutrient(s). This will affect their overall health and bodily functions.

By tracking what you eat and level of activity, it can be easier to see what your body needs. You could see what nutrients go in your body, including all details of the total consumption of each day (macro and micronutrients). Also, how many calories you burn each day. This information is important in order to change day-to-day habits to have a more comfortable and healthy life. To maintain weight, you need to balance your intake with your energy expenditure.

Food can make a large difference in how much energy you have, sleep quality, mood, and quality of life. The phrase “an apple a day keeps the doctor away” may seem silly, but it is a simplified way to say eating healthy can improve one’s medical status.

WEEKLY CHALLENGES

DOWNLOAD THE
MYFITNESSPAL APP
AND CREATE AN
ACCOUNT TO START

TRY TRACKING ONE
FULL DAY OF DIETARY
INTAKE

CHECK OUT THE
FOODUCATE APP
OR WEBSITE

GO TO
www.calorieking.com
AND ENTER IN SOME
FAST FOOD ITEMS
YOU’D LIKE TO LEARN
ABOUT THEIR
NUTRITION VALUE

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Why Should You Track Nutrition*.
- Placemat/handout – *Avocado Toast/Mixed Berry Yogurt*
- Table Tent- *Calcium*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Black Bean Quesadillas*
- Table Tent- *Cronometer*

Week 3: Give out/Post

- Placemat/handouts – *Garden Fresh Sandwich*
- Table Tent- *Hydration*

Week 4: Give out/Post

- Placemat/handout- *Tracking Your Foods*
- Table Tent- *Website and App Analysis*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org