



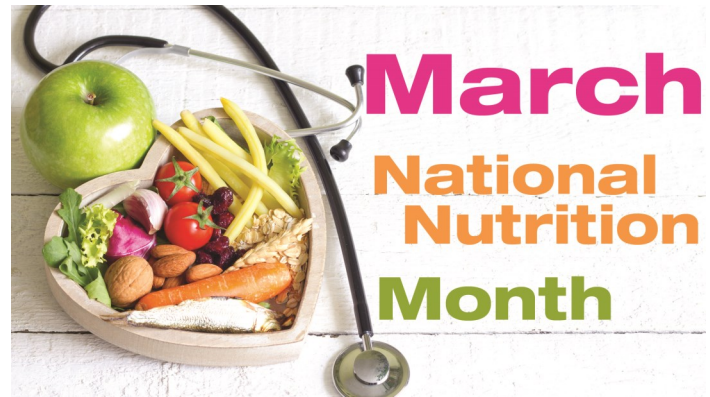
*Rizzi Geriatric  
Associates*

## THE RIZZI DIFFERENCE NEWSLETTER *∩* MARCH 2022

### March is National Nutrition Month!

National Nutrition month was started in 1973 to bring awareness to the importance of nutrition, healthy food choices, and physical activity.

This month is the perfect time to consider the impact certain food choices have on the body and chronic disease. Eating well promotes longevity and better quality of life, including your physical, mental, emotional wellbeing.



As we age, we typically become less active, and our bodies do not need as many calories. Our metabolism naturally slows and the way that our body processes food and nutrients change. Seniors can benefit from including the following into their diets:

- Calcium and Vitamin D contribute to bone health. Calcium rich foods are abundant and include green leafy vegetables, fatty fish, eggs, fortified cereals and drinks. Interestingly tofu, and spinach are very high in calcium as are many other non-dairy foods, which is a benefit to anyone sensitive to lactose or milk.
- Vitamin B12 helps the body make red blood cells and for maintaining healthy nerve function. B12 is found in a variety of foods, but supplementation is often needed as certain medications may contribute to its absorption.
- In addition to helping you stay regular, getting enough Fiber can help lower cholesterol levels and protect against colorectal cancer and even help regulate blood sugar levels. Fiber is found in whole grains, oats, rice, and fruits and vegetables.
- Hydration is critical to every bodily function from lubricating joints, preventing constipation and even our blood flow and heart function. One way to tell if you are getting enough water is to check the color of your urine. If your urine is pale and clear, you are getting enough water. If it is darker in color, you need to drink more.



*Rizzi Geriatric  
Associates*

## THE RIZZI DIFFERENCE NEWSLETTER *∞* MARCH 2022

### **Here are some easy things you can do every day to get better nutrition:**

Increase nutrient density (the quality of food), NOT portion size. Many older people have smaller appetites, so simple changes like adding milk to oatmeal rather than water, or adding a little peanut butter to toast increases nutrients.

Keep a meal routine. We thrive on routine, and your body is no different. Even if you have a smaller appetite, eating regularly is important.

Eat with others - be social! Socializing and taking time during a meal increases food intake and makes dinner time more fun.

The team at Rizzi Geriatric Associates are uniquely qualified to help you evaluate your current nutritional status. With simple blood tests we can help determine if you are missing any important nutrients like Vitamin D, B12, Calcium, etc. Do not hesitate to reach out to us.



**We are honored to care for you!**

**[www.TheRizziDifference.com](http://www.TheRizziDifference.com)**