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Nutrition for Seniors

As we grow in age, our caloric and nutritional requirements change. With so many food options out there what should seniors eat? To recognize March as National Nutrition Month, we ask you to take a look at how our food choices can affect our bodies, especially in seniors.

As we age, we should keep a closer eye on what we consume. For seniors, illness and disease have higher consequences, lack of calcium can speed up osteoporosis, diets that are high in fat can cause some forms of cancer, and too much salt intake can cause high blood pressure. Seniors are encouraged to take a deeper look at which foods can help or hurt them. Many times, as we age, we are not as [active](#) as we once were. As a result, we do not require the same number of calories as we did when we were younger. A healthy diet is very important for all, and can help seniors stay mentally sharp, have a stronger body, and live longer.

Life changes can often place seniors in isolation. Some may be living in a home without their spouse or may be living far away from family and friends. Many seniors can experience depression and as a result, may experience the lack of or any desire to eat. Nutrition is not the only way to stay healthy well into senior years. It is crucial for seniors to be around other people and be involved in or active in some form of community activity or [wellness program](#).

Pro Action provides Senior Nutrition programs in partnership with Steuben and Yates County Offices for the Aging. These programs offer solutions for people who have limited ability to leave the house as well as those who are more mobile. Senior Nutrition services include Home Delivered Meals to residents throughout Steuben and Yates Counties, with each meal providing 1/3 of the Recommended Daily Allowance of important nutrients. Whether it be in the comfort of your own home or with other seniors at one of our [Congregate Meal Sites](#), we encourage you to enjoy healthy and nutritious meals.

Learn more about our [Senior Nutrition](#) program, and all programs and services offered at Pro Action, by visiting our [website](#).



www.proactioninc.org

Pro Action works to build a community of resilient individuals and families who can meet their basic needs, overcome adversity, and prosper.