

SUPER FOODS FOR POSITIVE AGING

“Good healthy foods to keep on your weekly shopping guide...”

Almonds

Beans

Blueberries

Soy Protein

Broccoli

Oranges

Oatmeal

Spinach

Swiss Chard

Tea (green or black)

Tomatoes

Walnuts

Water

Chicken and Turkey (remove the fat)

Fish (fresh and canned)

Low-fat or fat-free dairy products

“This guide does not reflect the only foods that you should eat. It is only a partial list of foods that are high in nutrients and should be part of a normal and varied diet that includes many other foods.

REMEMBER

Eating is one of life’s pleasures....

.....so enjoy food but always remember MODERATION!

The above listed information has been furnished by:

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