

# THE SCOOP ON NUTRITION

SHORE UP'S QUARTERLY NEWSLETTER

## WHAT SHOULD I EAT?

### A guide for adults and children

"The Scoop on Nutrition" is a quarterly newsletter designed by SHORE UP! Inc. The goal is to provide you, children and adults, with information to equip you with the knowledge needed that will allow the maintenance of a healthy lifestyle. This newsletter will focus on the types of nutrients children and adults should receive, the benefits of healthy eating and much more. Some of this information may be a reminder for you, but let's start with the basics. Just remember to practice this for your optimal well-being.

In the previous newsletter, we talked about what you should eat, but what should you drink? Of course, water is always the best choice, but other healthy drinking options include: plain milk; unsweetened coffee or tea; plant-based beverages like almond, oat or rice beverages; and fortified, unsweetened soy beverages.



Remember, your body needs these great fluids to function.

The best way to stay hydrated is to drink water throughout the day.

As you age, it's important that your body gets certain vitamins and minerals, like:

**Calcium** is so important because it keeps your bones healthy and strong. High calcium foods include cheese; yogurt; milk and milk products; soybeans; and fortified cereals like Total, Raisin Bran and Cornflakes.

**Vitamin D** contributes to healthy bones and muscles. Egg yolk; red meat; liver; and oily fish like salmon and sardines are good sources of Vitamin D. Vitamin D is needed to fight off bacteria and viruses. According to the National Institutes of Health, when coupled with calcium, "Vitamin D helps protect you from developing osteoporosis, a disease that thins and weakens the bones and makes them more likely to break. Your body needs vitamin D for other functions too. Your muscles need it to move, and your nerves need it to carry messages between your brain and your body."

**Vitamin B12** prevents anemia. It helps to make red blood cells and improves the nervous system. Fish and shellfish, beef, liver, chicken, low-fat milk, yogurt, cheese and eggs are good sources of Vitamin B 12. Adults over the age of 50 should take a daily supplement containing Vitamin B 12, or eat fortified foods containing Vitamin B 12.



**Children who don't get enough Vitamin D may acquire rickets, a disease in which bones become deformed, painful, soft and weak.**

