Healthy Eating Tips For Seniors During the Holidays

Cooking and eating is often a big part of celebrating the holidays, especially Thanksgiving, but some seniors have issues with eating and the types of food they eat. It is also important that senior adults have proper nutrition, regardless of the time of year. Continue reading for some tips on healthy eating for seniors.

**Bring Your Own Food**

One way to make sure you eat healthy when attending a holiday dinner is to bring your own food. You can offer to make a dish and bring it to the Thanksgiving dinner, then you know at least one dish is healthy and something you are able to eat. This allows you to choose something soft enough for your teeth or if you have dentures, while also ensuring that it is nutritious enough for you. You can even offer to bring more than one dish if the host is okay with it.

**Focus on Dishes With More Nutrients**

When choosing what to eat while at the holiday party, try to fill up on foods that offer you more nutrition you need. As a senior adult, it is important that everything you eat contain as many vitamins and minerals as possible. While you can also get nutrients from supplements, it is best to get your nutrients through natural food sources. If you are going to eat something, make sure it is a vegetable, whole grain, or something with plenty of fiber and other important nutrients you need at your age.

**Try to Find Softer Foods**

You may also want to find some foods that are on the softer side. Whether you have most of your natural teeth but they are more sensitive or you have dentures or partial bridges, now is a good time to be accustomed to a softer diet. This means eating more deviled eggs, mashed potatoes, and stuffing, and less hard or crunchy foods and appetizers.

**Skip the Appetizers**

Speaking of appetizers, you might want to lay off of them when trying to eat healthier. Appetizers are often filled with unhealthy and high-fat foods and ingredients, plus it increases the overall amount of fat and calories you are going to consume. The dinner is going to have more of the healthy food your body needs, to instead of filling up on appetizers, avoid the area where they are served and instead fill up on your nutritious dinner.