

Happy New Year! 2024

Non-Metro Agency on Aging
Nutrition Corner
January 2024

“You are never too old to set another goal or to dream a new dream.”

-C.S. Lewis

Making **S.M.A.R.T.** Goals for Older Adults

After reflecting on 2023, many people will make goals for the New Year. These goals usually focus on enriching our quality of life and will be different for each person. Here are some tips to help set goals for Older Adults:

Simple: Create a goal with just one step or one small change in your daily life.

Maintainable: Choose something that helps build a healthy habit.

Age-appropriate: The goal will serve you well as you add years to your life.

Realistic: Understand both your abilities and your limitations.

Tailored: Does it align with your unique needs? Work with your wellness team.

The best goals will touch on one (or more) of the mind, body, and spirit approach to total wellness.

<https://eventide.org/smart-goals-for-seniors/>

Increasing Your Fruits and Vegetables

Fruits and vegetables are an important part of a balanced, healthy diet. They offer many benefits such as vitamins, minerals, fiber, antioxidants, and they are low calorie. You can enjoy fruits that are fresh, frozen, canned, or dried. Eat a variety of colors to ensure you are getting a variety of nutrients.

Example of a **SMART** goal:

I will add fruits and vegetables to my diet three times a week as a snack or by adding them to my meal.

This goal is simple, it will create a healthy habit that is maintainable, nutrients are increased, you can use fresh, frozen, or canned items so they are easily assessable, and you can choose your favorites. One way to make fruits and vegetables readily available is to wash and dry them when you come home from the store. That way they're ready for a quick snack or to add to a soup or salad.

31 Wellness Topics to create your S.M.A.R.T. Goal

(Simple, Maintainable, Age-Appropriate, Realistic, Tailored)



This year let's focus on nutrient-dense foods instead of on the foods we should restrict or avoid.

Try a new fruit or vegetable	Eat breakfast every day this week	Attend a fitness class	Drink a glass of water with each meal	Replace your favorite sweet snack with a piece of fruit	Go on a nature walk. What did you see and hear?	Eat 5 vegetables today - choose different colors
Sit and eat slowly without electronic distractions. Be grateful for your food.	Eat more "meatless" meals	Order a side salad instead of fries or chips	Get moving for at least 30 minutes	Use fresh herbs for flavoring	Sleep in or go to bed early	Eat foods from all five food groups: protein, grains, fruits, vegetables, dairy
Make each plate of food you eat today contain 50% or more of vegetables	Eat whole-foods instead of processed foods	Drink water instead of soda	Eat slowly and mindfully	Try a new healthy recipe	Decrease your sodium to 1,500 mg, two times a week Check the food labels.	Take a nap!
Snack smart! Choose nuts, fruit, or non-fat Greek yogurt	Create a menu for the week and stick to it!	Add high fiber foods to your diet (beans, lentils, pear w/skin etc.)			<p><u>Reflect:</u></p> <p>How did you do on your SMART goal?</p> <p>https://food.unl.edu/free-resource/family-fun-run/nutrition-and-physical-activity-bingo-cards</p> <p>30 days of Self-Care/UNM Hospital</p>	