

Roadblocks to Healthy Eating

Nutrition Education
January 2021



Sometimes it becomes hard to make healthy food choices. Below are some barriers and advice on what you can do to get on track.

Food Tastes Different

Your sense of taste and smell can change as you get older. It could be your medication or other things that are causing these changes. Try using vinegar, herbs, spices, and lemon juice to boost the flavor. Talk to your doctor to help you figure out what could be changing your sense of taste and smell.

Chewing Problems

People, who have problems with their teeth or dentures, sometimes stay away from meat, fresh fruits, or vegetables. Don't miss out on important nutrients. If this is a problem for you, check with your dentist.

Don't like Cooking or Eating Alone

You don't have to be a gourmet chef to put together healthy meals and snacks. Try cookbooks with quick and easy healthy meals and snacks. Bring along a friend to try out those new recipes. You can also go to a community center, senior center, or place of worship to enjoy a low-cost or free meal with companionship.

Not Hungry

Are you just not hungry? There are different reasons that can cause this. If you're not as active, try being more active - it might make you hungrier. Sometimes medication can decrease your appetite. Check with your doctor to see if this may be a side effect of your medication. If food isn't appealing, try something new.

Junk Food

When you are trying to make healthier choices, limit your favorite treats, but don't deprive yourself. Have your favorite foods and snacks in moderation or for special occasions.

Get Back on Track

Balance all the food groups on your plate. Divide your plate into three sections. Include whole grain pasta, bread, or brown rice in one section. In the second section, add a lean protein such as chicken, beans, fish, and beef. Leave the bigger section for vegetables like broccoli, spinach, cauliflower, or sweet potatoes. Include a low-fat dairy (milk, cheese, and yogurt) and fruit.

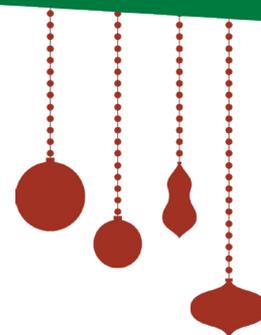
Holiday Puzzle

Nutrition Education

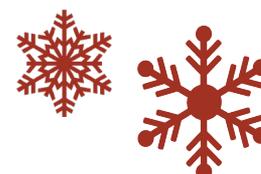
The holidays are a joyful time of the year, full of warm memories with family and friends, sharing festive meals and traditions. Here are a few traditional holiday foods from around the world.

HINT: Words may be up, down, forward, backwards, or diagonal.

There is also a hidden message from GA Foods - can you find it?



- BABKA
- BRISKET
- COLLARD GREENS
- CREMA DE VIE
- EGGNOG
- FRUITCAKE
- GINGERBREAD
- HERRING
- JOLLOF RICE
- KRUMKAKES
- KUTYA
- LATKES
- LEBKUCHEN
- LUTEFISK
- MELOMAKARONA
- MINCE PIE
- OYSTERS
- PANETTONE
- PIEROGI
- PORK POSEL
- RUGELACH
- SAUERBRATEN
- STOLLEN
- SUFGANIYOT
- TURKEY
- YASSA CHICKEN
- YULE LOG



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