

Where: PR2 -Topic 1 –Module 1.1 –Video 5 on Video resources: “Foods for Seniors: Top 10 Foods to Add to Your Diet”

<https://youtu.be/M4UllYxBFqc>

Food for seniors: Top 10 foods to add to your diet

- Yogurt has protein, calcium, and live cultures that are good for digestion. Add yogurt to your breakfast for a healthy start in the morning.
- Legumes, like chickpeas, soybeans, and kidney beans, are an excellent source of fiber and plant-based protein.
- Cacao : who says that sweets have to be unhealthy? In fact, cacao not only tastes delicious, but it's good for your heart, blood pressure and mood.
- Salmon has been a favorite food for centuries. It's full of healthy fats, B vitamin, protein and more.
- Maca, derived from the maca root grown mostly in Peru, can help with energy, stamina, and mood. Add the powder to your smoothies or oatmeal for a boost.
- Kale : all leafy greens are good for you, but kale really packs a punch. This veggie is full of vitamin A, C, calcium and fiber.
- Green tea : need a caffeine kick? Swap green tea for coffee to enjoy its antioxidants, anti-inflammatory properties and catechins (a compound that may assist with weight loss).
- Almonds and other nuts and seeds are full of heart-healthy fats and plant-based protein. The healthy fat found in almonds is good for your brain.
- Avocados are also rich in the « good fat » our bodies need to thrive. Spread some on a piece of whole grain toast for a healthy snack.
- Turmeric has long been known for its medicinal benefits, including its antioxidant and anti-inflammatory effects. It may also aid wound healing and pain reduction.