

HEALTHY DIET PLANNING FOR DIFFERENT AGE GROUPS

Listen to your body

As you grow up and then grow old your body changes. It needs different type and amounts of nourishments. Try to provide it accordingly.



The more, doesn't always mean the better

Don't overdose on anything. If you will eat too much, you can gain too much weight even eating only whole foods.



Don't cut nutrients

If you do that in order to lose weight remind yourself that it is the empty calories you should worry about. If you do that because you don't have appetite you used to have in younger age remind yourself that now you need even more nourishments.



Have an individual approach

Remember that those rules are generalized. Even if most people from your group may have e.g. high cholesterol or low iron level it doesn't mean that you have. Go to your doctor to get medical advice before supplementing.

