

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

August 17, 2020

www.oneontaymca.org

STAY ACTIVE EVEN AT HOME! FOLLOW OUR FACEBOOK PAGE AND WEBSITE

MAKING INFORMED CHOICES

Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost 50% of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

Making informed choices can help you achieve optimal health. Whether you are trying to control your weight, blood pressure, diabetes, or just trying to eat healthier. Eating healthier foods, especially more fruits and vegetables, can have a major impact on your health.

Sprinkle on a little added activity and it is a sure fire recipe for success! Recommendations for seniors 65+ are just 30 minutes of moderate activity daily. You can even do that 30 minutes in 10 minute blocks throughout the day.

Eat smart and keep moving!

1 Choose healthier processed foods.

By one recent estimate highly processed foods contribute 50% of the calories & 90% of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.

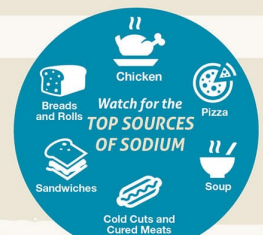


3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.



4 Take your food into your own hands.



American Heart Association advocates have written more than 29,000 letters to the food companies and restaurants that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.

© 2017 American Heart Association 4/17/DS12133

FOR MORE INFORMATION ON HEALTHY EATING

Visit choosemyplate.gov. You will discover a wealth of information at this site. Tips, recipes, how to eat by age, the importance of different nutrients and food groups, and other helpful resources.

Educating yourself is key in taking charge of your health!

CONTACT US:

ymcawelcome@oneontaymca.org