

What should an older adult's diet look like?

Older adults can make sure they're eating for their maximum health benefit by focusing on a few key diet needs like:

- **Getting your fiber:** Add fiber to meals with food like [whole grains](#), and raw fruits and vegetables.
- **Eating healthy fats:** Reduce your cholesterol and fat intake and make smarter choices by enjoying or preparing food with healthy fats, which include olive oil, avocados, salmon and walnuts.
- **Reducing your [salt consumption](#):** Season dishes with garlic, herbs and other spices. Choose foods that are low in sodium or have no added salt.
- **Limiting "[white foods](#)":** That includes things like white bread, rice and potatoes, which don't provide much in terms of long-term nutritional value.
- **Staying hydrated:** Aging can put you at an [increased risk for dehydration](#). Drink six 8-ounce glasses of water or other beverages daily (if you're not on a fluid-restricted diet). Limit drinks that contain caffeine and alcohol.
- **Maximizing your [vitamin D](#) intake:** Increase your exposure to sunlight (always wearing sunscreen, of course!) and eat foods high in vitamin D — such as fatty fish, canned tuna, egg yolks, fortified milk and cereal or supplements (per approval from your healthcare provider).

Aging can come with health conditions that can be best managed with personalized care and healthy-eating advice. When in doubt, ask.

Be sure to talk with your doctor about how to eat right for your best health. "Your doctor may make other recommendations based on your unique medical history and overall personal health profile."

For example, an older adult whose blood pressure drops when they stand up may need a diet slightly higher in salt. Your care team will tell you the best way forward for you.

Source: <https://health.clevelandclinic.org/>