

NEW YOU

SPECIAL REPORT

NUTRITION & NUTRIENTS – FOR PEOPLE OVER 30

Nutrition plays a crucial role in our health and well-being, and as we age, it becomes even more critical to ensure that our bodies are getting the right nutrients. People over 30 need to pay close attention to their nutrition to maintain optimal health, especially as their bodies undergo changes that can affect their overall health.

Nutrients are essential substances found in food that our bodies require to maintain good health and wellbeing. They include carbohydrates, proteins, fats, water, vitamins, and minerals. These nutrients perform various functions in the body, such as providing energy, building and repairing tissues, regulating metabolism, and supporting the immune system.

As we age, our bodies undergo various changes that affect our nutrient needs. For instance, our metabolism slows down, and we may experience a decrease in muscle mass. These changes can lead to various health problems such as obesity, heart disease, osteoporosis, and diabetes. However, with proper nutrition, we can minimize the risk of these health problems.

Carbohydrates provide the body with energy, and they should make up a significant portion of our diet. However, it is essential to choose complex carbohydrates such as whole grains, fruits, and vegetables instead of simple sugars found in processed foods.

Proteins are necessary for building and repairing tissues, and they also play a role in maintaining a healthy immune system. As we age, our bodies may require more protein to maintain muscle mass. Good sources of protein include lean meats, fish, beans, and nuts.

Fats are also essential for our bodies, but it is crucial to choose healthy fats such as those found in avocados, nuts, and olive oil. Saturated and trans fats, found in fried and processed foods, can increase the risk of heart disease and other health problems.

Water is necessary for not only proper hydration, but also the proper functioning of the body's organs. Consuming the correct amount and the right type of water every day is an important part of overall health and becomes even more important as we age.

Vitamins and minerals are vital for various bodily functions such as bone health, immune system function, and energy production. Fruits, vegetables, whole grains, and lean proteins are good sources of vitamins and minerals.