



StayHealthy

Health Information from the Visiting Nurse Service of New York

10 Facts Not Everyone Knows About Food

Fact 1: Everyone's body treats food differently. The same amount of food may have entirely different effects on different people.

Fact 2: In spite of all the differences between people, there are some foods that everyone should eat to stay healthy. For example, everyone needs to eat certain amounts of:

- Starchy foods (bread, pasta, rice, potatoes)
- Foods with protein (meat, fish, poultry, eggs, beans, nuts)
 - Fruits (oranges, bananas, pears, apples)
 - Vegetables (broccoli, spinach, carrots, green beans)
 - Dairy products (milk products, soy milk with calcium)



Fact 3: Body movement or exercise is a factor that affects how much you can eat and the food you need. Talk to your nurse if you have any questions about exercise and the types of food you need to eat.

Fact 4: Each type of food provides different nutrients. It is important to eat foods that differ in origin (plant or animal), shape, color, and consistency. Since all the necessary nutrients are not present in one food alone, eating a variety of foods is important. Eating the same food everyday is usually not a healthy way to eat.



Fact 5: If your doctor has prescribed a specific diet for you, it is important that you stick to the diet that has been prescribed. Also, if you are allergic to certain foods or suffer from a particular disease, talk to your nurse or doctor before trying a new food. Most foods are safe for most people if they are eaten in moderation, but treatment of certain diseases may require you to follow a specific diet or avoid certain foods altogether.

Fact 6: The information in TV ads or in magazines may not always be true. Your nurse or doctor can help answer any questions you may have.

Fact 7: Foods that are high in fat may taste delicious, but they also provide the most calories.

Fact 8: As we get older, physical changes affect food intake. For example, our muscles shrink with age and with lower levels of physical activity. This requires us to eat less.

Fact 9: Aging alters vitamin and mineral needs, with some needs increasing while other needs decrease.



Fact 10: Nutrition can help people live longer! Research studies have shown that eating regular meals, controlling weight gain and avoiding or using alcohol in moderation can improve the length and quality of your life.

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