



## Nutrition and Health Checklist – Tip #1

**“I have an illness or condition that made me change the kind and/or amount of food I eat.”**

If you have diabetes, high blood pressure, heart disease, cancer or other diet-related condition, then contact your local hospital or health department to meet with a Registered Dietitian. They can help you plan your meals to help manage your health condition. Also, contact your local Senior Center to attend nutrition and education programs each month. These programs provide tips and recipes for healthy eating.

Here are some other tips that might help.

If you get tired when you cook, try:

- Easy-to fix snacks and foods like fresh fruit, whole-grain cereals, crackers, cheese, peanut butter, hearty soups, yogurt, and milk.
- Asking your family to bring left-overs to your house and eat them later.
- Having Meals on Wheels delivered right to your home.
- Asking your church for help.

If you don't like to cook or don't have time to cook, try:

- Frozen dinners or pre-cooked foods and meals.
- Instant oatmeal, soups, and pasta or rice mixes.
- “Eating out” at the senior center.
- Taking turns cooking and shopping with friends and family.
- Sharing pot-luck suppers with friends.



If you get full too fast, or can't eat much at one time, try:

- Eating three small meals and small snacks in between.
- To make each bite count. Avoid foods high in sugar or fat like cakes, cookies, pies, candy, regular soft drinks, chips, and fried foods. These foods have lots of calories but not many vitamins and minerals.