



## Nutrition Through The Ages



Kids can be picky. For the best way to ensure adequate nutrition, a wide variety of foods should be encouraged. As kids go through growth spurts and increase their physical activity levels, extra energy from nutrient-rich foods is vital.



Adults nutritional needs vary depending on their activity level, gender, and health status. Over-nutrition can cause health consequences as many jobs include working from a desk and decreased activity throughout the day so the number of calories needed is lower. Making sure that the calories that are consumed are whole foods and not "empty" calories can aide in health and overall energy.



The aging population can experience body changes like less stomach acid. These can make you prone to nutrient deficiencies as it may affect the absorption of nutrients, such as vitamin B<sub>12</sub>, calcium, iron, and magnesium. Another challenge is the reduced need for calories, but the same need for nutrients. Eating a variety of whole foods, fruits, veggies, high protein foods, and taking a supplement can help you meet your nutrient needs.

