

Healthy Eating

Healthy eating is a cornerstone of overall well-being, especially the older we get. As we age, nutritional needs change, making it vital to focus on balanced meals that provide the necessary vitamins, minerals, and energy for maintaining health.

At Arosa, we're dedicated to helping maintain healthy eating habits by offering personalized meal planning and preparation services that align with our clients unique dietary needs.



Understanding Nutritional Needs.

As we age, our bodies require different nutrients to stay healthy. For example, seniors often need more calcium and vitamin D to support bone health, as well as more fiber to aid digestion. Balanced nutrition can help manage chronic conditions such as diabetes, heart disease, and high blood pressure ^{*}([NIMH](https://www.nih.gov/health/healthy-eating))([CDC](https://www.cdc.gov/)).

Our Nutrition & Meal Planning Solutions.



Personalized Meal Plans

Our Care Managers work with our clients and their healthcare providers to create meal plans that meet specific dietary needs. Whether it's low-sodium meals for heart health or diabetic-friendly meal plans, we tailor our approach to each individual.



Grocery Shopping Support

Our Caregivers assist with grocery shopping, ensuring that seniors have access to the right foods for their diet. We focus on fresh, nutrient-dense options while keeping in mind any restrictions or preferences.



Meal Preparation Assistance

Arosa Caregivers help with meal preparation, ensuring that our clients enjoy well-balanced, delicious meals that adhere to their dietary requirements. From preparing snacks to full meals, we make sure nutritional needs are met daily.

^{*}<https://www.nia.nih.gov/health/healthy-eating>

Healthy Eating Tips.

Focus on Nutrient-Dense Foods

Prioritize foods that are high in vitamins and minerals but lower in calories. Fresh vegetables, lean proteins, and whole grains are great options for maintaining energy and strength without excess calories.

Stay Hydrated

Dehydration is common among seniors, so it's important to encourage regular water intake. Fluids like water, herbal teas, and broths are excellent for staying hydrated.

Monitor Portion Sizes

As metabolism slows with age, portion control becomes even more important. Smaller, frequent meals can help seniors maintain energy levels without overeating.

Benefits of Choosing Arosa



Increased
Energy



Improved
Health Outcomes



Peace of
Mind



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If you or a loved one could benefit from meal planning and nutritional support, contact Arosa today to learn more about how we can help create healthy, delicious meals that improve overall well-being.