

CHALINZE DISTRICT COUNCIL

As the body ages, it becomes more important than ever that it gets the vitamins, minerals, protein, fat, and fiber that keep it strong and healthy.



CONTACT US

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HEALTHY DIRECTIONS



NUTRITION FOR SENIORS



Learn More

Make smart decisions about your health and visit a physician or health specialist for advice and questions.

THE GOLDEN YEARS OF NUTRITION

After age 60, you truly should consider yourself in your “golden years.” It is a time for relaxing, catching up on things you never had time for before and enjoying life in general.



STANDARD NUTRITION GUIDELINES

The best foundation for senior-specific nutrition is balanced which you have always known about. Plenty of fruits and vegetables, lean proteins like chicken and turkey, and whole grains should form the basis of your normal diet, with only a small amount of fat and sugar added in on special occasions.

