

# Healthy *Delicious* Food *at* Every Age



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We all need to eat healthy to be healthy, regardless of how old we are. But food isn't just nutrition – it's smell, taste and a treat for the eyes. It's an experience shared with loved ones or a chance to savor a delicious meal alone. Cooking and eating healthy, beautiful food is a big part of what makes us happy, and everyone, at any age, can and should fully enjoy this part of life.

But our nutritional needs change as we get older. Making gradual changes is easy. That's where this guide comes in.

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*Delicious*  
**Healthy Food At Every Age** was created to give you easy-to-use information on eating and living well as an older adult – tips on how to shop for, cook and even grow your own healthy food. You'll find easy recipes, important information on how food interacts with common medications and tips for starting a container garden. And once you start to make some small changes, you'll find it easier to keep going, and you'll make more.

***Here's to all of your wonderful food adventures ahead!***

### **Inside, you'll learn ...**

- + how to read a nutrition label (it's easier than you think)**
- + the best way to buy foods that taste good and are good for you, too**
- + what foods and medications don't work well together**
- + how to grow your own herbs and vegetables — without a shovel!**
- + easy techniques to prepare delicious meals that are really healthy**



# At the Market

Healthy eating habits are important at every age, but they can make a big difference as we get older. Nutritional needs change and the foods we eat can help us to feel happier and keep our bodies operating more smoothly. Shop smart – keep these things in mind when food shopping:

## Good proteins

Protein helps keep you on your feet – literally! Turns out, protein is what helps preserve precious muscle mass and strength. Strong bodies mean fewer falls and more fun.

**Good protein choices include eggs, yogurt, lean meats, poultry, beans and legumes, fish, and nuts.**

## Good fats

Yes, there is such a thing as good fats! In addition to giving you energy, fat helps your body absorb important vitamins and minerals. **Include foods rich in omega-6 and omega-3 fatty acids like salmon, mackerel and sardines, flax seeds, nuts and seeds, and avocados. For cooking and dressing salads, use soybean, corn, canola, olive or safflower oil.**

## Good carbohydrates

Choose whole grain products. Avoid white flour products and sugary drinks and desserts. Fruits and vegetables are carbohydrates too, and you can eat lots of those! And round out your meals with the **unrefined carbohydrates found in whole wheat breads and whole wheat pastas and brown rice.**

# SIX HEALTHY FOODS

## for Older Adults



❑ **Blueberries** can improve your memory and are low in calories and higher in fiber.



❑ **Mushrooms** are excellent for keeping your immune system healthy and protecting against flu and salmonella.



❑ **Salmon** is rich in omega-3 fatty acids and is heart-healthy. Other fish in this category include tuna, sardines and mackerel. Canned salmon and sardines may be more affordable and are fine; just watch for sodium content.



❑ **Spinach, Kale & Swiss Chard** are high in vitamin K and help reduce bone loss and fracture risk.



❑ **Walnuts, Almonds & Other Nuts** are the best brain-friendly foods you can eat because of their antioxidants and anti-inflammatory phytochemicals that can protect against neurodegenerative diseases such as Alzheimer's.



❑ **Non-fat and Low-fat Yogurt** provide great sources of protein and other nutrients such as calcium, potassium and other vitamins.

## Get the most out of the fresh foods you buy:

- Buy small quantities of perishable foods like fish and meat, or freeze in small portions.
- When buying meat, choose whole cuts when possible – they spoil more slowly than ground meat.
- Divide freezer-friendly leftovers into single-portion containers for quick meals.
- Choose seasonal fruits and vegetables that last a long time, such as those with firm skins (apples, peaches, oranges, nectarines), root vegetables (potatoes, carrots, parsnips) and vegetables with stems or vines still attached (broccoli, peppers, winter squashes). To keep fruits and vegetables fresh, buy in small quantities and wash just before you use them.
- Check expiration dates and select the items with the longest shelf life.
- Fresh herbs will spice up your meals – keep them in a cup of water in the fridge, covered loosely with plastic wrap.
- Buy early at local farmers markets, farm stands and markets to get the freshest and longest-lasting produce.

## ► FIND A FARMERS MARKET NEAR YOU

● **MASSACHUSETTS:**  
[www.massfarmersmarkets.org](http://www.massfarmersmarkets.org)

● **NEW HAMPSHIRE:**  
[www.nhfma.net](http://www.nhfma.net)

● **MAINE:**  
[www.maineformersmarkets.org](http://www.maineformersmarkets.org)

● **CONNECTICUT:**  
[www.ctgrown.gov/farmersmarkets](http://www.ctgrown.gov/farmersmarkets)



# *In the* **Kitchen**

A nice thing about getting older is you aren't cooking for an army anymore. You get to cook for **you**. Now's the time to have some fun in the kitchen – play around a little, spice it up a lot, and share it with friends and family.

Of course, you could just buy prepared foods, but they're more expensive than home-cooked meals and they're often loaded with salt and sugar – even the items that look healthy. Too much salt and heart health do not go together. You can do better, especially if you try out some of the ideas offered here.

**Add color to your plate.** Green is good, but green + red + yellow is even better. Add red or yellow peppers, orange carrots, purple eggplant, and berries, berries, berries.

**Discover the wider world of protein.** There's fish, of course, but also beans, nuts, certain grains such as quinoa and oats, and protein-rich fat-free and low-fat yogurt. Try almond butter on apple slices or fast-cooking quinoa instead of rice.

**Double up on veggies.** Look at your plate – chances are, proteins and starches take up the most space. Downsize those foods and make more room to double up on vegetables and fruits.



## DAILY SALT

Our bodies need salt, but most of us get way too much of it. An excess of salt can cause your blood pressure to increase. The recommended daily sodium (salt) allowance for someone over age 51 is a teaspoon or less (1,500 mg to 2,300 mg). Be careful when buying prepared foods and eating out. Check the nutrition label (see page 16) or ask your server.

**Join the whole grain revolution.** Buy whole wheat breads and pastas, and if you bake, use a mix of whole wheat and white flours for your favorite recipes.

**Try frozen fruits and vegetables.** Check out the frozen food aisle and you'll see lots of affordable choices that are prepared and ready to cook. Canned vegetables and soups are also an option, but watch out for high sodium content.

**Hold the mayo and the cream.** They aren't doing you any favors, health-wise. Instead of mayo on your sandwich, use mustard or try smashed avocado. Substitute Greek-style yogurt for sour cream or heavy cream.

**Roasted, yes; fried, not so much.** Roasting your foods (meats and vegetables) is both easier than frying and healthier. Brush a little olive oil on your chicken, fish or carrots and pop them in the oven (350 – 425 degrees) until golden. Try roasting beets. They come out tasting like candy – really!

## STICKING WITH IT

Making changes in your diet can be hard. Here's a game plan to help.

### 1 WRITE DOWN EVERYTHING YOU EAT FOR A WEEK.

It's easy to think we're eating healthy ... until we actually see what we're eating!

### 2 USE THE "MYPLATE FOR OLDER ADULTS" DIAGRAM.

See the diagram on page 17 and compare it with the foods you wrote down in Step 1.

## Portion Sizes

It's not always possible to measure your portions, but there are a few practical visual tips:



One cup of salad greens and vegetables = baseball



One portion of lean fish (3 oz.) = checkbook



One ounce of hard cheese = 3 dice



One portion of meat (3 oz.) = deck of cards



Medium piece of fruit = size of a woman's fist



Nuts (12 walnut halves; 24 almonds) = palm of your hand

### **3** START WITH SMALL CHANGES.

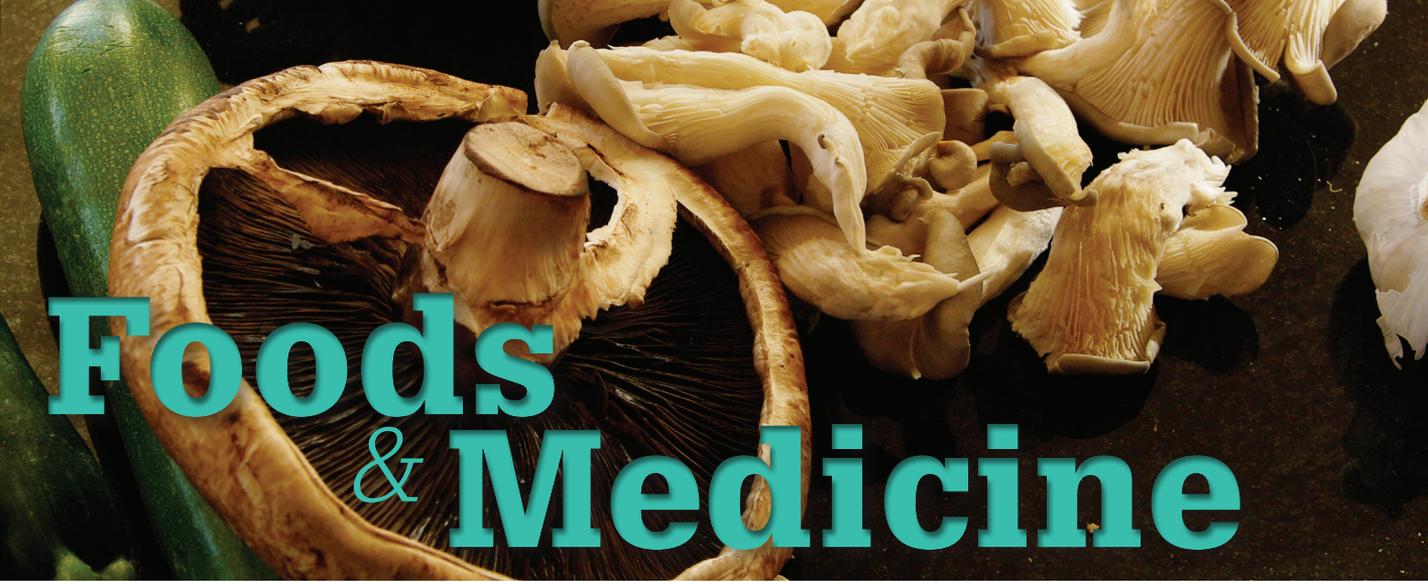
Try eating less sugar and salt, more vegetables and fruit.

### **4** SET MODEST GOALS.

If you reach them and they stick, set another goal.

### **5** PLAN ON THE OCCASIONAL CHEAT.

Especially at special celebrations, in small portions.



# Foods & Medicine

Some foods cause negative interactions with certain medications. Whenever you start a new medication, make sure to ask your doctor or pharmacist if there are any foods you should avoid. You can also check [www.drugs.com](http://www.drugs.com), an independent Web site that features a whole section on food-drug interactions. Here are five of the most common interactions:

**⚠️ Grapefruit and grapefruit juice interfere with the way the body absorbs some statins (taken to lower cholesterol).**

Oranges and lemons are fine, so go with those instead.

**⚠️ Oral hypoglycemics (used by people with type 2 diabetes) can reduce your body's ability to absorb B12, folate, calcium and vitamin D.**

Increase your consumption of low-fat dairy products and dark leafy greens. Ask your doctor if you need vitamin D supplements.

**⚠️ ACE inhibitors (used to treat hypertension and congestive heart failure) can reduce your body's store of zinc.**

Eat more zinc-rich foods, like meats, shellfish, chickpeas, nuts, cucumber with peel, and whole grains.

## ▶ LIMIT ALCOHOL CONSUMPTION

When your doctor tells you to limit your alcohol consumption, it means one drink per day for women and less than two drinks per day for men, based on these serving sizes:

- 12 oz. beer – about one bottle
- 5 oz. wine – average serving, beware of large glasses
- 1.5 oz. distilled spirits or liquor – one shot glass

(This recommendation refers to the amount consumed during any single day and not an average over several days.)

**!** Foods rich in vitamin K (dark, leafy greens) can limit the effectiveness of blood thinners.

Don't stop eating dark, leafy greens, but talk to your doctor about how many servings you should be eating.

If you don't regularly eat green vegetables, you may take a multivitamin that contains 25 micrograms of vitamin K. *Do not take supplements that contain more than 100 micrograms of vitamin K.*

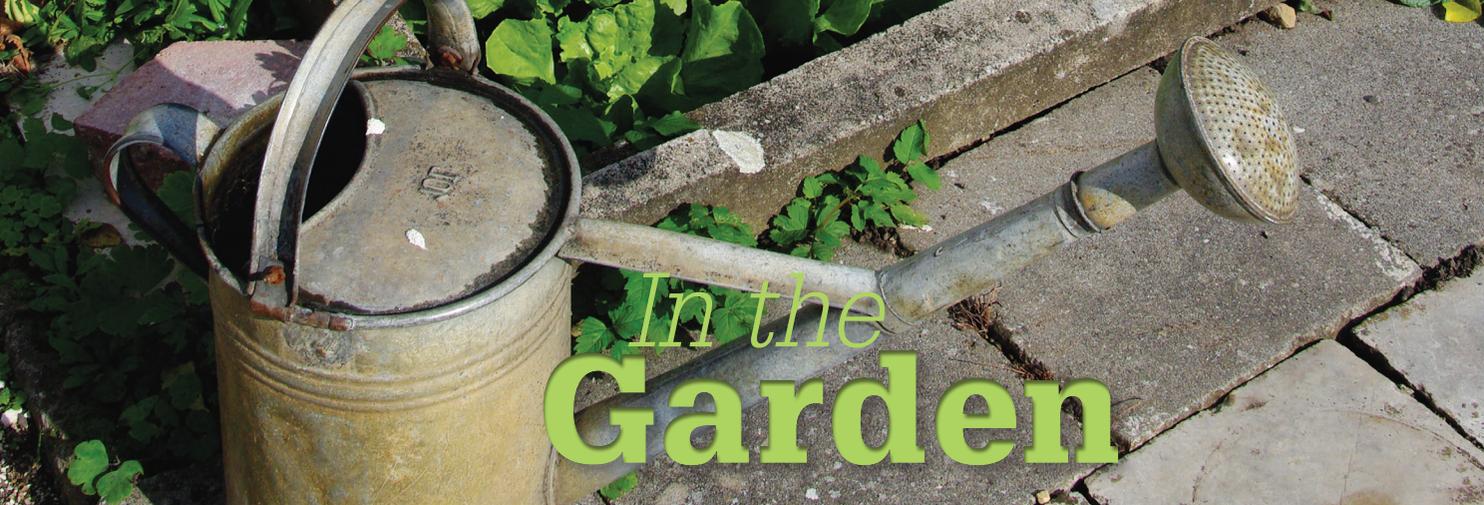
**!** Black licorice doesn't go well with corticosteroids (such as prednisone, used to decrease inflammation) and many diuretics ("water pills," taken for high blood pressure or heart ailments).

Ask your doctor if you should avoid black licorice. Try a piece of dark chocolate instead.

## Milk and Multivitamins

Make sure you're taking your multivitamin with water or juice, and not milk – which will restrict the amount of calcium and iron absorbed. Orange juice (4 oz. max) is a great choice because the vitamin C helps with iron absorption. After taking your multivitamin, wait at least two hours before eating dairy products.





# In the Garden



## ► SUIT UP FIRST!

When engaged in outside gardening, be mindful of the sun – wear a hat and sun protection on your skin. Also, use insect repellent to protect against Lyme disease and bug bites.

There's nothing more delicious than fresh basil or even a tomato from your own garden, and you don't need a big plot of land to harvest your own crops. Window sill and container gardening offer the joys of growing your own food without the aches and pains that can go with "backyard farms." And it's not complicated, even if you've never gardened before. Here are some tips.

First of all, think about gardening with a friend or family member. It's great to have some help moving the dirt and containers, and even better to share the harvest. By planning with a fellow gardener, you can trade some of your bumper crop of zucchini for fresh beans or tomatoes.

## What to Grow

### Herbs

There is something very satisfying about cutting a few sprigs of fresh herbs to add to a dish you're preparing. Some popular container herbs are **basil, chives, cilantro, mint, oregano, parsley, rosemary,**

## WHAT YOU'LL NEED

<p><b>Container</b></p> 	<ul style="list-style-type: none"><li>• The size of your container depends on how much room you have and what you want to grow. Most herbs do very well on a window sill. Tomatoes need large containers.</li><li>• Plastic is your best bet – it's lightweight, and your plants won't dry out as quickly as with clay pots. Avoid using boxes made with painted or treated wood.</li><li>• Make sure your container has holes in the bottom so water can drain out. If it doesn't, line the bottom of the container with an inch or two (depending on container size) of small stones or, for a lighter alternative, packing peanuts.</li></ul>
<p><b>Soil</b></p>	<ul style="list-style-type: none"><li>• Use potting soil, which is widely available. The bags come in all sizes – buy a size that you can manage easily.</li></ul>
<p><b>Seeds or Transplants</b></p> 	<ul style="list-style-type: none"><li>• Growing vegetables from seed can be fun, but buying small starter plants from your garden center is usually better – especially in New England, where the season is relatively short.</li></ul>
<p><b>Sun and Water</b></p> 	<ul style="list-style-type: none"><li>• Find a sunny spot for your container that will provide at least six hours of sun a day. Make sure it's a place where water can drain from the bottom of the pots.</li><li>• Water is essential for container plants, which will dry out more quickly than plants grown in the ground. Smaller containers may require daily watering.</li></ul>

**Important:** Don't plant seeds or seedlings outside until all danger of frost has passed — usually after Memorial Day in the Northeast.

**sage and thyme.** Herbs need sun and good drainage. Most herbs can be grown in smaller containers on your window sill or in window boxes. Harvest by snipping at the stem to encourage more growth.

- ▶ Basil grows well on a window sill, but for a serious crop you're going to need large containers. Plant two basil plants per five-gallon container if you want to have enough basil to make pesto (recipe on page 14).

## ► NEED MORE HELP?

Every state has an agricultural cooperative extension program through its state universities where you can find plenty of help.

### MASSACHUSETTS:

(617) 933-4929

<http://ag.umass.edu/interest-areas/home-lawn-garden>

### NEW HAMPSHIRE:

(877) 398-4769

<http://extension.unh.edu/Gardens-Landscapes/Home-Gardening>

### MAINE:

(800) 287-0274

<http://umaine.edu/gardening/>

### CONNECTICUT:

(203) 322-6971 ext. 18

<http://www.ladybug.uconn.edu/>



## Tomatoes

- Use large, deep containers for these – five-gallon buckets work well.
- Bush variety tomatoes work best in pots, since they won't get too big.
- Add a metal cage or sturdy stake at the time of planting to support the plant as it grows.

## Beans

- Beans are fun and easy to grow from seed, mainly because they sprout FAST. If the weather is warm, you may see green pushing up through the soil in a couple of days!
- Use a medium-size container for your beans – one with a depth of seven to eight inches.
- Stick with bush beans (green beans, wax beans, etc.) for their more compact structure.
- Harvest when the beans are about four inches long. Check the plants several times a week once the beans start to grow.
- If you want dried beans, wait until the bean pod turns yellow and papery. Remove it and you'll find dried beans inside.

## Lettuce and Other Salad Greens

- Lettuces and greens – leaf lettuces, spinach, arugula, chard, kale – are terrific container options. They can provide you with food for your salad or a stir fry for weeks in spring and fall, due to the preferred cooler growing weather.
- Seedlings can be planted by the end of May (in the Northeast). Seeds can be planted even sooner.
- You can use containers from four to 10 inches deep.
- Start harvesting when the plants reach three to four inches tall by taking the largest leaves. The plants will keep growing, and you can keep harvesting until your plants “bolt” (grow tall quickly and get ready to seed). Do it all again in August for a fall crop, too.



# Recipes & Resources

It's nice to cook up something quick without needing a formal recipe. The trick is making the meal delicious while keeping it healthy. The spice blends here and savory solutions on pages 14 and 15 will substitute rich flavors for salts or fat-based sauces.

## Seafood Blend

Sprinkle on baked fish – salmon, tilapia, cod – along with lemon juice and a coating of olive oil.

- 2 tablespoons dill**
- 1 teaspoon onion or garlic powder**

## Mexican Blend

Give your meat and egg dishes a kick with this blend.

- 2 tablespoons chili powder**
- 2 tablespoons cumin**
- 1 tablespoon onion powder**
- 1 tablespoon paprika**
- 1 tablespoon cayenne pepper**

## Italian Blend

Great for salad dressings, vegetables, tomato sauce and soups.

- 4 tablespoons dried basil**
- 2 tablespoons garlic powder**
- 2 tablespoons oregano**
- 1 tablespoon thyme**
- 1 tablespoon red pepper flakes**

## Middle Eastern Blend

A burst of flavor that's like taking a trip without leaving home. Good for meats and fish.

- 2 tablespoons cumin**
- 2 teaspoons cardamom**
- 1 teaspoon allspice**
- 2 teaspoons black pepper**
- 2 teaspoons red pepper flakes**
- 1 teaspoon ginger**
- 2 teaspoons turmeric**
- 2 tablespoons paprika**
- 2 teaspoons cinnamon**

## Caribbean Blend

An island-easy way to season chicken or fish dishes.

- 3 tablespoons onion powder**
- 3 tablespoons garlic powder**
- 2 tablespoons ground ginger**
- 2 tablespoons dried thyme**
- 2 tablespoons smoked paprika**
- 1 tablespoon red pepper flakes**
- 1 tablespoon cinnamon**
- 2 teaspoons white pepper**

## Asian Blend

Perfect for vegetable stir-fry dishes.

**2 tablespoons ginger**

**1 tablespoon garlic powder**

**2 teaspoons red pepper flakes**

## Basil Pesto

*(makes about 1½ cups)*

Delicious on pasta, pizza, tomatoes and grilled chicken – also use it as a dipping sauce for vegetables.

### Ingredients

1 cup fresh basil leaves

1 garlic clove, peeled

Pinch of salt

¼ cup pine nuts or walnuts  
(omit if freezing)

¼ cup grated Parmesan cheese  
(omit if freezing)

½ cup extra virgin olive oil

### Directions

Chop garlic in the blender or food processor. Add basil leaves, nuts and salt. Mix until all are well blended.

Add olive oil gradually until mixture forms a paste – loose or stiff, depending on taste. You may not need all of the oil.

Add cheese until fully mixed.

## Extreme Zucchini

*Serves 4*

### Ingredients

1 cup zucchini, with skin,  
cut into 1-inch cubes

1 medium tomato, chopped into  
1-inch chunks

¼ cup yellow bell pepper, diced

¼ cup onion, diced

½ tablespoon low-fat mayonnaise

### Directions

Combine the first four ingredients in a small sauce pan. Cook on medium-low heat until the vegetables are tender, about 20 minutes, stirring occasionally. Remove from the stove top and mix in the mayonnaise. Add salt and pepper to taste (optional).

## Roasted Salmon with Peach Tomato Salsa

*Serves 4*

### Ingredients

#### Salsa:

1 (15 oz.) can sliced peaches (packed  
in water), drained and chopped

1 cup chopped tomatoes

¼ cup diced red onions

½ jalapeno, seeded and minced  
(may substitute red bell pepper)

3 tablespoons minced cilantro

2 tablespoons fresh lime juice

1 teaspoon honey

1/8 teaspoon salt

#### Salmon:

4 (5 oz. each) salmon fillets

3 teaspoons olive oil

¼ teaspoon ground pepper

### Directions

#### Salsa:

In a medium-sized bowl, gently toss together the peaches, tomatoes, onions, jalapeno, lime juice, honey and salt.

#### Salmon:

Preheat the oven to 425 degrees. Line a baking sheet with foil and lightly coat the foil with cooking spray.

Place the salmon fillets on the prepared baking sheet. Rub 1½ teaspoons olive oil over each salmon fillet and season with pepper.

Roast the salmon until just cooked through, 10 to 12 minutes.

Place a piece of salmon on each plate, top with the peach salsa and serve.

## Sesame Chicken

Serves 4

### Ingredients

1 tablespoon sesame seeds  
Nonstick cooking spray  
1 pound boneless, skinless chicken breasts, cut into strips  
2 cups snow peas, trimmed  
1 medium red bell pepper, cubed  
1 medium green bell pepper, cubed  
2½ tablespoons low-sodium soy sauce  
2 tablespoons water  
1½ teaspoons brown sugar  
or ½ teaspoon Truvia® sweetener  
¼ teaspoon ground ginger  
2 green onions, sliced

### Directions

In a small bowl, combine soy sauce, water, brown sugar and ginger. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside. Let skillet cool.

Spray the same skillet with nonstick cooking spray. Add chicken; cook over medium-high heat for 10 minutes or until chicken is cooked through. Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp-tender. Add soy sauce, water, brown sugar and ginger mix to the skillet. Cook for 5 minutes over medium-high heat. Sprinkle with green onions and serve.

## Frozen Fruit Sorbet

Serves 4

1 pound frozen strawberries or other fruit  
½ cup yogurt or silken tofu  
¼ cup sugar or 1 tablespoon +  
2 teaspoons Truvia® sweetener  
2 tablespoons water

Put all ingredients in a food processor and process until just pureed, stopping to scrape down the sides of the processor bowl.

Add a little more water through the processor tube, a little at a time – being careful NOT to over process – or it will be a smoothie!

Serve or freeze until later. If frozen, allow 15 minutes to thaw before serving.

## BEYOND SALT

There are lots of ways to bring out flavor in our cooking without salt. Here are some suggestions:

➕ Try this basic salt substitute:

**4 tablespoons onion powder**  
**2 tablespoons garlic powder**  
(Not onion or garlic salt)

➕ **Lemon zest** is an amazing food brightener. Use a fine grater and grate just the surface yellow of the lemon. Orange zest works too. Use zest on fruit, vegetables, salads, chicken and fish.

➕ Stock up on some **dried herbs and spices** and make your own spice blend (recipes on page 13) or just experiment with individual herbs (like basil or rosemary) and spices (curry powder, chili powder, cinnamon and cumin).

# HOW TO READ A NUTRITION LABEL

**Nutrition Facts**

Serving Size 1 cup (228g)  
Servings Per Container about 2

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**1 Serving Size**

**2 Amount of Calories**

**3 Limit these Nutrients**

**4 Get Enough of these Nutrients**

**5 Percent (%) Daily Value**

**6 Footnote with Daily Values (DVs)**

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



**Remember to Stay Active!**

MyPlate for Older Adults © 2016 Tufts University. MyPlate for Older Adults was developed with support from AARP Foundation.

# DRUG INTERACTION CHART

Take note of the "**Nutrients Depleted**" column in red as it relates to any medication you are taking.

DRUG CLASS (oral formulations) Generic & brand names of drugs in each class	DON'T EAT (adverse food/ supplement interactions)	NUTRIENTS DEPLETED	NOTES (special examples or exceptions to the rule)
<b>Hypoglycemics</b>			
<b>Biguanides:</b> metformin (Glucophage)	Limit alcohol	<b>Vitamin B12, folate</b>	Limit alcohol to less than one drink per day for women and less than two drinks per day for men.
<b>Sulfonylureas:</b> glimepiride (Amaryl), glyburide (Micronase, DiaBeta, Glynase), glipizide (Glucotrol)	Limit alcohol	<b>CoQ10</b>	
<b>DPP-IV inhibitors:</b> sitagliptin (Januvia), linagliptin (Tradjenta)	Limit alcohol		
<b>Thiazolidinediones (TZDs):</b> pioglitazone HCL (Actos)	Limit alcohol	<b>Increased risk of bone fractures; consume adequate calcium and vitamin D</b>	
<b>ACE inhibitors</b>			
lisinopril (Prinivil, Zestril), captopril (Capoten), enalapril (Vasotec, Epaned), benazepril (Lotensin), ramipril (Altace)	Potassium supplements	<b>Zinc</b>	
<b>Calcium channel blockers</b>			
amlodipine (Norvasc), diltiazem 24HR ER (Cardia XT), verapamil ER (Calan, Verelan), nifedipine ER (Procardia XL)	Grapefruit juice, whole licorice, licorice tea and natural licorice-root extract containing glycyrrhizin; limit alcohol and caffeine		Check with your doctor before taking calcium supplements.
<b>Non-steroidal anti-inflammatory drugs</b>			
aspirin, ibuprofen (Advil, Motrin), meloxicam (Mobic), naproxen (Naprosyn, Aleve), diclofenac sodium (Voltaren), indomethacin (Indocin)	Limit alcohol, excess sodium and high-dose vitamin E supplements (>800 IU)	<b>Vitamin C, folate, iron and zinc</b>	
<b>Corticosteroids</b>			
prednisone (Deltasone), dexamethasone (Intensol), hydrocortisone (Cortef), methylprednisolone (Medrol), prednisolone (Orapred)	Limit intake of salt and salty foods, natural licorice and Echinacea supplements  Avoid consuming alcohol when taking corticosteroids.	<b>Calcium, folic acid, vitamin B6, magnesium, potassium, selenium</b>	If using a corticosteroid on a long-term basis, eat a high-protein diet including milk, meat, eggs, nuts and dried beans, and limit sugar-sweetened beverages and fruit juices. These drugs may cause water retention and also increase appetite.
<b>Diuretics</b>			
<b>Loop diuretics:</b> bumetanide (Bumex), furosemide (Lasix), torsemide (Demadex)  <b>Carbonic anhydrase inhibitors:</b> acetazolamide, methazolamide  <b>Potassium-sparing diuretics:</b> amiloride HCl, spironolactone (Aldactone), triamterene (Dyrenium)	Limit intake of salt and salty foods. Avoid natural licorice and Gingko biloba supplements.	<b>Loop diuretics:</b> magnesium, potassium, zinc, thiamine  <b>Potassium-sparing diuretics:</b> folate	Talk with your doctor before taking coenzyme Q10 or fish oil supplements.

DRUG CLASS (oral formulations) Generic & brand names of drugs in each class	DON'T EAT (adverse food/ supplement interactions)	NUTRIENTS DEPLETED	NOTES (special examples or exceptions to the rule)
<b>Proton pump inhibitors (PPIs)</b>			
dexlansoprazole (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), rabeprazole (Aciphex)		<b>Beta-carotene, folic acid, vitamin B12, vitamin C, calcium, chromium, iron, magnesium, zinc</b>	Esomeprazole, lansoprazole and omeprazole should be taken before eating.  If you take a PPI for acid reflux, you may be able to reduce your need for it by preventive dietary measures such as eating smaller, frequent meals at a slow pace, limiting alcohol and caffeine intake, avoiding soda, and not eating within two to three hours of bedtime.
<b>Levothyroxine</b>			
levothyroxine (Levoxyl, Synthroid, Unithroid)	After taking the drug, avoid for several hours foods that contain soy, cotton seed meal, walnuts, fiber, and/or calcium-fortified foods.	N/A	Levothyroxine is usually taken on an empty stomach. Per doctor's orders, levothyroxine is typically administered on a consistent schedule with regard to time of day and in relation to meals.
<b>Statins; HMG CoA reductase inhibitors</b>			
atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), pravastatin (Pravachol), rosuvastatin (Crestor), simvastatin (Zocor)  Combination products are also available which contain statins. <b>Example:</b> Vytorin contains simvastatin.	Patients on simvastatin or lovastatin should avoid large amounts of grapefruit juice. Avoid St. John's wort supplements.	N/A	Customary amounts of grapefruit juice do not carry a significant risk. Statins other than simvastatin and lovastatin do not significantly interact with grapefruit juice.
<b>Anticoagulants</b>			
<b>Vitamin K epoxide reductase inhibitors:</b> warfarin  <b>Factor Xa and direct thrombin inhibitors:</b> rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran (Pradaxa)  <b>Platelet function inhibitors:</b> clopidogrel (Plavix), ticlopidine (Ticlid), prasugrel (Effient), ticagrelor (Brilinta)	Foods rich in vitamin K (green leafy vegetables such as spinach, mustard greens, etc.) should be avoided. Avoid St. John's wort supplements.  <b>For factor Xa and direct thrombin inhibitors and platelet function inhibitors, it is only necessary to avoid St. John's wort supplements.</b>		Patients on warfarin should maintain a consistent diet.  Patients considering a shift in dietary habits should consult their doctor before doing so.

If you take medications that deplete you of the specific nutrients listed in the red column, **flip to page 20 for the recommended foods to help you supplement your diet.**



## RECOMMENDED FOODS

If your medication depletes you of any of the nutrients in the **red column**, eat foods or take the supplements listed in the **blue column**.

NUTRIENTS	FOODS HIGH IN RECOMMENDED NUTRIENTS
Vitamin B12	Meat, poultry, fish, eggs, low- and non-fat dairy products, multivitamin supplements containing B12
Folate	Leafy green vegetables, legumes, orange juice, fortified breakfast cereals, whole and fortified grain products, multivitamin supplements containing folic acid
CoQ10	Meat, poultry, fish, soybean and canola oils, nuts
Calcium	Yogurt, cheese (especially aged cheeses), low- and non-fat dairy products, almond or soy milk, tofu
Vitamin D	Fortified low- and non-fat dairy products, fatty fish (salmon, tuna, mackerel), Shitake mushrooms, multivitamin supplements containing vitamin D
Zinc	Meat, seafood, cereal (whole grains), nuts, legumes
Vitamin C	Citrus fruits and juices (such as orange and grapefruit), berries, melons, broccoli, peppers, spinach, tomatoes, multivitamin supplements containing vitamin C
Iron	Meat, poultry, seafood, legumes, beans, whole and enriched grain products
Potassium	Bananas, potatoes, winter squash

## ADDITIONAL NOTES

DRUG CLASS	DO EAT (foods/supplements)
Corticosteroids	Calcium-rich milk and milk products like yogurt and aged cheeses. Vitamin D-rich fish like salmon, mackerel and tuna or Shitake mushrooms. Potassium-rich foods like bananas, potatoes and winter squash.
Proton pump inhibitors	Separate from taking this medication, choose foods rich in the vitamins and minerals depleted by the drug, including milk products, green leafy vegetables, citrus fruits and fortified breakfast cereals. Ask your doctor about taking appropriate dietary supplements or a multivitamin/multimineral.
Levothyroxine	Multivitamins and supplements of calcium or iron should be separated from the drug administration by over four hours.



# Delicious Healthy Food At Every Age

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