

Eat Well and Stay Longer at Home!



Who said this?

“I have never seen a thin person drinking Diet Coke” and “The Big Macs are great. The Quarter Pounder. It’s great stuff.”



US President
Donald Trump



Hmmmm

If you keep
good food in
your fridge,
you will eat
good food.



Errick McAdams



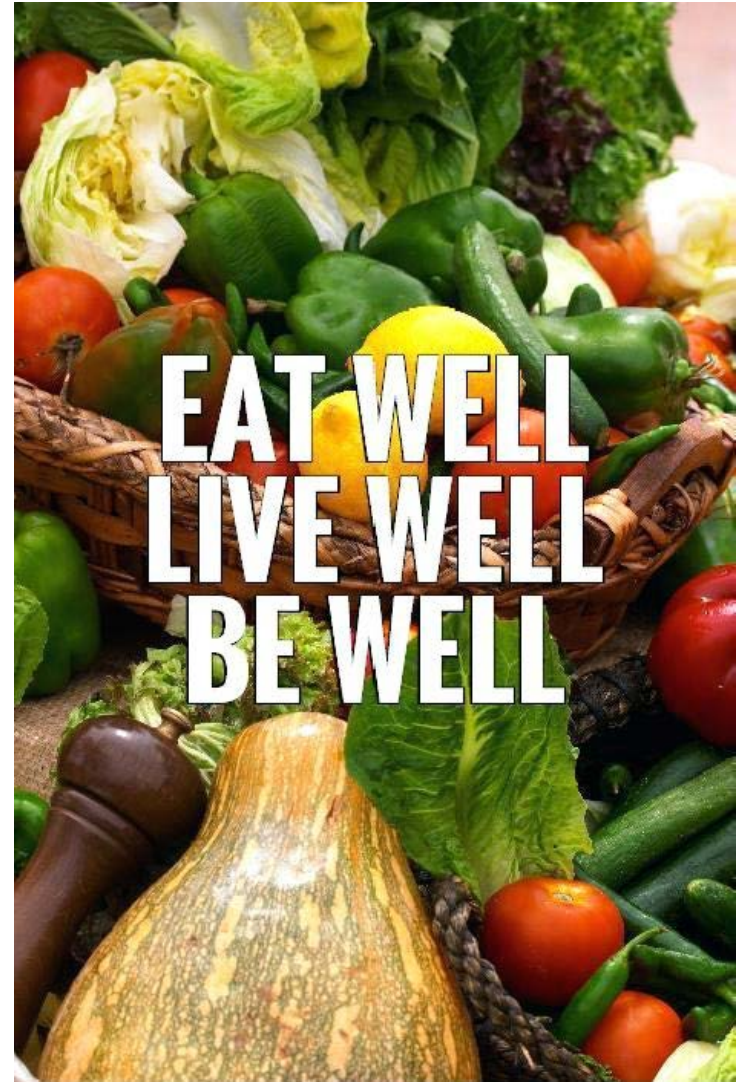
Did you know?

- Nowadays, if you head into Ruby Tuesday for a burger, you should expect your lunch to clock in at least 1,200 calories.
- 58: The grams of fat in the average restaurant meal. Meaning: Eating out costs you about 90 percent of your fat intake for the entire day. Makes you think twice about going out to lunch, huh?
- 70: The percent of Americans' caloric intake derived solely from processed foods. (One minute — I just need to pick my jaw up off the floor.)
- The top three foods contributing to our country's caloric intake are bread, cake and cookies.
- 200: The number of dollars spent annually per capita on prescription drugs to fight diabetes, high blood pressure and cholesterol.



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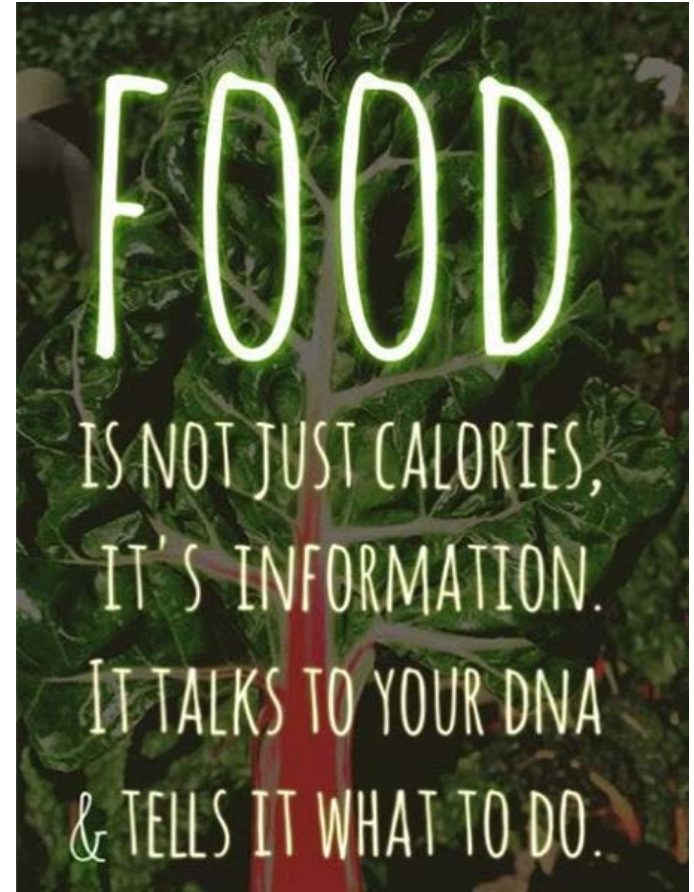
- **Eat Well – correlation of food and energy, establish good nutrition and diet**
- **Make an Eat Well Plan**
- **Besides yourself, who can help?**
 - **Chefs for Seniors**
 - **Home Care**
- **Q and A**



How Does Eating Healthy Affect Your Physical, Mental & Social Health?

Food powers your life. It fuels all bodily processes that enable you to move, think and breathe. There is no aspect of your life that is not influenced by what you eat.

Food is that powerful – use it to your advantage.



How Does Eating Healthy Affect Your Physical, Mental & Social Health?

■ Physical Well Being

- Strength, agility, coordination, endurance, speed and level of performance are all powered by the foods you eat.

■ Mental Health

- Food supplies the source of power for your brain as well as your body, and has a direct relationship to mental and emotional health and stability.

■ Eating and Relationships

- Eating a healthy diet keeps you physically and mentally fit. When you look good, you feel good and you have self-confidence and fewer inhibitions.



Develop a Eat Well Plan

- **Identify what your personal needs are. Talk to your doctor or dietician, see what they recommend.**
- **Set a goal! It is important to set goals that are achievable, and stick to it!**
- **Study different proven diets that may work for you. Ex. D.A.S.H. or Mediterranean diet**
- **Plan your meals ahead of time!**
- **Team up!**



*I love making a plan!
Especially when it
comes to food.*



Aware Senior Care

About Chefs for Seniors

- Our mission is to provide amazing food with proper nutrition!
- Feel healthy and rejuvenated with meals that fit **Your** diet and taste.
- More affordable and healthier option than eating out.
- All our personal chefs are ServSafe licensed, fully insured and undergo background checks



CHEFS FOR **SENIORS**



Guiding Your Way. Live Well at Home,

Aware Senior Care

About **Aware Senior Care**

- Our mission is to provide unsurpassed in-home personal care, companion care, and nursing services
- We provide service to those who choose to remain in their homes
- We are dedicated to educating the public about the resources available in the community.
- We serve Wake County, primarily in Raleigh and Cary



Questions?



Thank You!



CHEFS FOR **SENIORS**



Guiding Your Way. Live Well at Home₉₂