

## Five ways seniors are prioritizing healthy eating

The recent [Senior Food and Lifestyles Study from the Culinary Visions Panel](#) research organization showed that seniors are prioritizing healthy eating and want more healthy food choices on dining menus. It also revealed that many believe their dining services are keeping up with the demand for healthy food options.

"Today's seniors say that fruits and vegetables are some of their favorite foods," commented [Culinary Visions Panel Executive Director Sharon Olson](#) in a statement accompanying the release of the survey results. "We were heartened to see that well over half of those that we surveyed felt that healthier food choices were available to them in senior dining."

The study asked several questions on healthy foods with follow-up questions on their availability in the participants' residence. Here are **five ways seniors are interested in healthier food options and how senior living dining facilities are meeting this demand:**

### **Real food with no artificial ingredients**

A vast majority (**87%**) of the respondents said that eating real foods with no artificial ingredients was important to them, and **65%** agreed that such foods were available on their current residence's dining menus.

### **Less processed foods**

In this study, **82%** of seniors interviewed said they would like less processed foods in their diet, and **69%** agreed that less processed foods were available at their current residence's dining facilities.

### **Local produce**

Seniors care about the benefits of local produce and **72%** of those surveyed said they would like their senior living communities to incorporate local produce in their dining menus. Of those interviewed, **65%** agreed that their current senior living residence was offering local produce in their meals.

### **Whole grain**

Seniors perceive that foods with whole grains provide more nutritional benefits than foods with refined grains, and **76%** of the participants in the study said that they would like whole grains to be part of their regular diet. When asked about the availability of whole grains on menus, **73%** agreed that whole grains were available at their current residence.

### **Healthier fats**

Today's seniors consider that foods with healthier fats provide a better diet, and **80%** of the study participants said they would like healthier fats to be part of the foods regularly offered in their senior living dining foodservice. **Two-thirds** of those interviewed agreed that foods with healthier fats were available at their current residence.