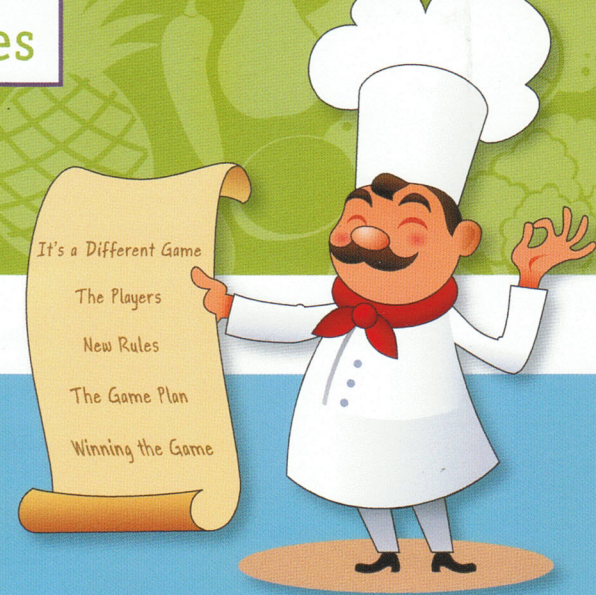


AllCare Living Services, Inc. Presents

# The Eating Game



## 1 It's a Different Game Your natural aging process results in changes.

- Body Changes
- Slowing of the Process
- Change in Senses
- Social Changes

## 2 The Players Nutrients are what your body needs to replenish and recover.

- Water
- Vitamins and Minerals
- Proteins
- Carbohydrates
- Fats

## 3 New Rules Modification of diet and lifestyle is needed as you age.

- Choosing Foods
- Avoid Fats and Cholesterol
- Digestive Dos and Don'ts
- Sugars and Salts
- Fluid Intake

## 4 The Game Plan Set out to live a healthier life by making small changes.

- Variety
- Reduce Some Foods
- Increase Some Foods
- Mood and Lifestyle

## 5 Winning the Game Reap the benefits of a healthy diet and nutrition plan.

- Healthy Weight
- Resistance to Disease
- Increase in Energy Levels
- Quality of Life

843-832-9888

[www.AllCareLivingServices.com](http://www.AllCareLivingServices.com)