

Nourishing Seniors Through Fresh, Local Foods [Healthy Lifestyles for Healthy Older Adults](#)

As we age, good nutrition is essential for maintaining strength, energy, and independence. Balanced meals with lean protein, vegetables, fiber, and healthy fats support heart health, brain function, digestion, and overall wellness.

At AgeWell Services, we provide wholesome meals made with high-quality ingredients, including locally sourced foods whenever possible. Fresh Michigan-grown foods offer great flavor, strong nutrition, and help support our regional food community.

Local Foods We're Proud to Use

- Anavery Fine Foods (Traverse City): Locally raised ground beef and handcrafted burgers for lean protein options.
- Great Lakes Farm to Freezer: Flash-frozen vegetables like broccoli, squash, and carrots, preserved at peak freshness for maximum nutrition.
- Golden Hart Asparagus: Fresh, seasonal asparagus grown in Michigan's agricultural regions, processed in house at AgeWell Services
- Michigan Pasta and Provision: Artisan pasta made locally, adding comfort and quality to meals.

Simple Nutrition Tips for Healthy Aging

1. Prioritize protein daily

Include lean meats, poultry, fish, beans, or dairy alternatives to support muscle strength and healing.

2. Fill half your plate with vegetables

Choose a variety of colors to maximize vitamins, minerals, and fiber.

3. Stay hydrated

Drink water consistently throughout the day, even if you don't feel thirsty.

4. Choose whole foods when possible

Fresh fruits, vegetables, and minimally processed foods support steady energy and digestion.

5. Include fiber and healthy fats

Fiber supports gut health, while healthy fats (like olive oil, nuts, and seeds) support brain and heart health.

More Than a Meal

Nutrition is about dignity, comfort, and quality of life. With balanced meals and fresh, locally sourced ingredients, AgeWell Services helps older adults stay healthy, active, and connected.

Every meal supports better health—one plate at a time.