

Tips for Healthy Aging in Singapore

1. Eat a Balanced Diet: Incorporate a variety of foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats.

2. Stay Hydrated: Drink plenty of water throughout the day to support metabolism and overall health.

3. Limit Processed Foods: Reduce

intake of sugary snacks, salty foods, and saturated fats to lower health risks.

4. Plan Meals: Prepare meals at home using fresh ingredients to control nutrition and portion sizes.

5. Engage in Regular Physical Activity: Combine healthy eating with regular exercise, such as walking, swimming, or yoga.

6. Socialize Over Meals: Share meals with family or friends to

foster social connections, which can enhance mental well-being.

7. Stay Informed: Keep up with nutritional guidelines and adapt your diet as needed to meet health changes.

By prioritizing healthy food choices and lifestyle habits, individuals in Singapore can promote better health and well-being as they age.

