



East Alabama Regional Planning  
and Development Commission

**Area Agency on Aging**  
AGING AND DISABILITY RESOURCE CENTER

**1-800-AGE-LINE**  
**1-800-243-5463**

[www.EastAlabamaAging.org](http://www.EastAlabamaAging.org)

## Foods For Over Age 50:

After the age of 30, our metabolism begins to DECLINE. This means there is less room for empty calories: sugary drinks, desserts, and potato chips. Instead of empty calories, focus on eating a variety of whole foods. Try foods that add more nutritional bang for your buck, such as, beans, oats, apples, berries, yogurt, and nuts. For more information, [click here](#).



## Heavy Traffic Coming Up!

With school starting back this month and Labor Day next month, traffic will start to increase. We will be sharing the road with many other people, and it is important to practice driving safety! Be sure to slow down and pay close attention to road signs, especially speed limit and school postings.



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