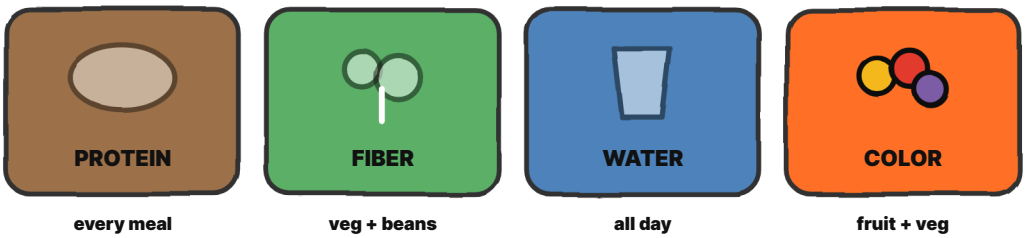
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A MAXADEMY MINI-GUIDE

Nutrition Foundations — Part 2

Protein, fiber, water, and color — the daily four that support strength and steady health, made sustainable for life after 50.



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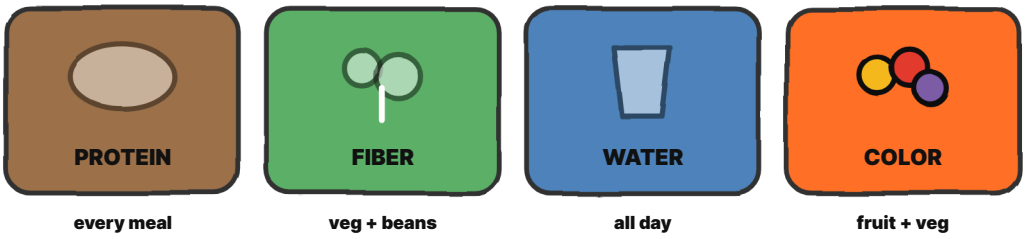
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CHAPTER 1 · A SIMPLE CHECKLIST

The Daily Four

If Part 1 was about the shape of a single plate, Part 2 is about a simple daily checklist you can hit no matter what you eat: **protein, fiber, water, and color**.

These four cover most of what your body needs day to day, and they are easy to remember. Hit them most days and the details tend to take care of themselves.



Aim for all four, most days.

CHAPTER 2 · PROTECT YOUR STRENGTH

Protein Needs After 50

As we age, the body holds onto muscle less easily, and muscle is what keeps us strong, steady, and independent. Getting enough protein — spread across the day — helps protect it.

- Include a protein source at each meal, not just dinner.
- Combine protein with regular strength activity for the best effect.
- Plant and animal proteins both count; variety helps.

> Protein needs can differ if you have kidney disease or certain conditions. Ask your doctor what is right for you.

CHAPTER 3 · OFTEN OVERLOOKED

Hydration That Helps

Thirst signals can fade with age, so it is easy to drink too little without noticing. Even mild dehydration can cause fatigue, headaches, and foggy thinking that are easy to mistake for something else.

- Sip water steadily through the day rather than waiting for thirst.
- Start the day with a glass of water.
- Foods like fruit, vegetables, and soups add fluid too.

> **TRY THIS**
>
> Keep a filled water bottle or glass where you can see it. Visible water gets drunk; hidden water doesn't.

CHAPTER 4 · WORTH A CONVERSATION

Nutrients to Discuss With Your Doctor

Some nutrients become more worth attention after 50. This is not a prescription — it is a list of things to ask your doctor about, because needs are individual and supplements are not always necessary.

- **Vitamin D** — for bone and overall health.
- **Vitamin B12** — absorption can decline with age.
- **Calcium** — for bone strength.
- Always confirm with your doctor before starting any supplement.

More is not always better with supplements, and some interact with medications. Let your doctor guide what — if anything — you need.

CHAPTER 5 · FOR THE LONG RUN

Making It Sustainable

The best eating pattern is the one you can keep. Sustainability beats perfection every time, especially over years.

- Cook simple meals you genuinely enjoy and will repeat.
- Keep easy, healthy options stocked and visible.
- Allow flexibility — one indulgent meal does not undo your week.

> **TRY THIS**
>
> Choose three easy, healthy meals you like and rotate them. A small reliable rotation is easier to keep than endless variety.

Worksheet: Daily Four Tracker

For one week, tick the four each day: protein at meals, fiber, water, and a variety of color.

Day	Protein ✔	Fiber ✔	Water ✔	Color ✔	Notes

Glasses of water I'll aim for daily:

Three easy healthy meals I'll rotate:

Key Takeaways

1. Hit four things most days: protein, fiber, water, and a variety of color.
2. Protein, spread across the day, helps protect muscle and strength after 50.
3. Thirst fades with age — sip water steadily, don't wait for thirst.
4. Ask your doctor about vitamin D, B12, and calcium rather than guessing.
5. Sustainable beats perfect — keep meals simple and enjoyable.
6. A small, reliable rotation of meals is easier to maintain than constant variety.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to make the daily four effortless and build meals that fit your real life.

Join Dr Max Live →

Important: This guide is provided by Maxademy for general health education only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified healthcare professional. Always talk with your doctor before changing your diet, activity, supplements, or medication — especially if you have a medical condition or take prescription drugs. Individual results vary, and no specific health outcome is promised or guaranteed. If you have chest pain, trouble breathing, or other urgent symptoms, seek emergency care immediately. © 2026 Maxademy. Resale or redistribution prohibited.