

## **Tips for Healthy Eating & Healthy Aging [Aging Well with a Physical Disability Factsheet Series]**

The University of Washington's Healthy Aging RRTC (Rehabilitation Research and Training Center) has developed an evidence-based Factsheet Series on a variety of topics related to aging well with a physical disability. [Tips for Healthy Eating & Healthy Aging](#) provides guidance on how to follow a nutritious diet and engage in healthy eating habits.

### Article Source

University of Washington's Healthy Aging Rehabilitation Research and Training Center

### Source URL

<http://agerrtc.washington.edu>

### Last Reviewed

Friday, July 19, 2024