



OPTIMAL NUTRITION: 9 TAKEAWAYS

Simple steps for building a strong nutritional foundation—at any decade.

- 1. Keep the starting point simple.** The presentation recommends beginning with two basics: a multivitamin and protein, rather than making a nutrition program complicated.
- 2. Think healthspan—not just lifespan.** The goal is not simply more years, but more years spent in good health, with independence, cognitive function, and physical capability.
- 3. Daily choices matter.** The presentation notes that genetics accounts for only about 20–30% of differences in aging, while environment and daily habits account for the rest.
- 4. Use a multivitamin to help fill nutrient gaps.** The presentation highlights common dietary shortfalls in nutrients such as vitamins A, C, D and E, calcium, potassium, iron, and magnesium.
- 5. Choose a balanced multivitamin that fits your life stage.** Nutrient needs can change with age and circumstances, including dietary restrictions. The presentation cautions against having one nutrient present in an excessive amount that could affect absorption of others.
- 6. Protein is a foundation for healthy aging.** Protein helps build and repair cells and supports lean muscle, tissues, organs, skin, hair, nails, enzymes, hormones, and immune function.
- 7. Don't overlook protein when managing weight.** The presentation emphasizes that cutting calories or carbohydrates can unintentionally crowd out protein. Adequate protein can also help with fullness and appetite control.
- 8. Make protein a consistent part of the day.** A simple guideline from the presentation is 20–30 grams of protein at each meal, plus one to two high-protein snacks, with protein included at breakfast.
- 9. Pair protein with hydration.** Adequate hydration supports digestion, nutrient transport, and muscle function—important processes when the body is building, repairing, and recovering.

A SIMPLE PLACE TO START: Build meals around a quality protein source, include a variety of nutrient-dense foods, stay hydrated, and consider whether a balanced multivitamin can help cover gaps in your diet.



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