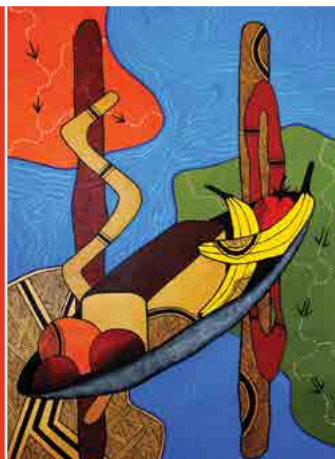


GOOD FOOD FOR ELDERS



WHY IS GOOD NUTRITION IMPORTANT?

Eating well and staying active can help Elders:

- feel good and have more energy
- keep muscles and bones strong
- stay a healthy weight
- recover better if they get sick
- prevent or manage health problems like diabetes and heart disease

WHAT SORT OF FOODS SHOULD ELDERS EAT?

Elders should try to eat at least 3 meals every day and include a variety of nutritious foods:

- **2 fruits and 5 vegies** – fresh, frozen, canned or dried.
- **Plenty of wholegrain breads and cereals** – high fibre varieties can help prevent constipation.
- **3 - 4 serves of milk, yoghurt, custard or cheese** – calcium is important for Elders to keep their bones strong. Choose reduced fat types where possible.
- **Healthy fats** to protect the heart. Choose mono or polyunsaturated oils such as olive or canola and margarine instead of butter, lard or dripping.
- **Low and reduced salt** foods to help control blood pressure.
- **Low sugar** foods and drinks to protect teeth and gums.
- **Plenty of tap water** or other drinks, such as tea and milk to avoid dehydration.



GOOD FOOD FOR ELDERS

KEEP ACTIVE!

Being active helps Elders to:

- keep muscles and bones strong
- stay a healthy body weight
- lower blood pressure
- have a healthy heart
- prevent or manage diabetes
- feel good and have more energy.

30 Minutes of physical activity per day is all it takes!

This doesn't have to be done all at once. You can do 2 lots of 15 minutes or 3 lots of 10 minutes.

Choose activities that you enjoy. For example:

- Walking • Gardening • Water aerobics • Dancing • Strength training • Playing with the grandkids

FOR ELDERS WHO ARE FRAIL OR UNDERWEIGHT:

- Eat food you enjoy.
- Eat regularly and don't skip meals.
- Try smaller meals more often.
- Milk drinks are nourishing if you can't manage a meal.
- Add extra protein and energy with milk, cheese, yoghurt, margarine, olive/canola oil, fruit, fruit juice or peanut butter.
- Keep up your fluids to stay hydrated.
- See your doctor or dietitian for advice about nutrition supplements.

