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.

For more information visit www.vaccho.org.au/nutrition