

EAT WELL LIVE WELL

Healthy eating for every life stage



HEALTHY EATING FOR ADULTS

19-50 YEARS



Lifestyle and nutrition choices throughout adulthood strongly influence future risk of chronic diseases such as diabetes, cancer, stroke, and heart disease. Choosing unprocessed, nutrient-dense options from the five food groups will help you stay active and feel well.

COMMON CHALLENGES AND HELPFUL TIPS

Building strong bones

Bone density continues to develop until around 30 years old, so it is important to focus on nutrients that help bones reach their peak strength. Make sure you are eating enough calcium and vitamin D from dairy foods and fish. Adding some strength training to your exercise routine twice a week will also help!

Maintaining muscle mass

Once you reach your 30s, some muscle loss will start to occur. Having less muscle can cause your metabolism to slow down. This means you won't need as much food as you did previously. Focus on getting enough protein in your diet by eating lean meat, eggs and dairy foods or plant-based alternatives like tofu, lentils, and beans.

Eat your veggies

Vegetables are packed with vitamins, minerals, antioxidants, and fibre. Aiming for at least five serves per day will help you feel fuller for longer, maintain a healthy weight and lower your risk of developing chronic diseases.

Increase your vegetable intake throughout the day with these tips:

Breakfast

- Try baked beans, veggie fritters, spinach and mushrooms with eggs, omelettes, or frittatas
- Add cucumber, spinach, or kale to smoothies

Lunch

- Enjoy a vegetable soup or salad sandwich at lunch
- Roast a tray of vegetables to add to your salad

Dinner

- Add grated vegetables to sauces and mince dishes like bolognese or home-made hamburgers
- Have a smaller portion of rice and a larger portion of veggies when eating curries or stews
- Cook up a vegetable-loaded stir fry

Snacks

- Munch on vegetable sticks like carrot, celery, capsicum, snow peas
- Dip them in a vegetable-based dip like hummus



KEY NUTRIENTS



Your food and nutrition needs change as you grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your life stage.

Nutrient	Function	Food sources
Protein	<ul style="list-style-type: none"> · Maintains muscle strength and prevents falls · Helps to fight infection and heal wounds 	<ul style="list-style-type: none"> · Lean meat, fish and poultry · Milk, yoghurt and cheese · Chickpeas, beans and lentils · Eggs
Iron	<ul style="list-style-type: none"> · Helps red blood cells carry oxygen around the body · Particularly important for menstruating women 	<ul style="list-style-type: none"> · Lean meat and poultry · Leafy greens · Dried apricots · Nuts or nut butter
Calcium	<ul style="list-style-type: none"> · Builds and maintains healthy bones and teeth · Reduces the risk of osteoporosis and fractures 	<ul style="list-style-type: none"> · Milk, yoghurt and cheese · Nuts or nut butter · Leafy greens · Dried apricots
Vitamin D	<ul style="list-style-type: none"> · Absorbs calcium for strong bones and teeth 	<p>You get most of your vitamin D from the sun, but some food sources are:</p> <ul style="list-style-type: none"> · Eggs · Sardines, salmon, tuna and herring · Liver



NOURISH BOWL

Nourish Bowls are a great meal prep recipe, so your lunches are ready for the week ahead. Choosing foods from the five food groups helps you build a nourishing and balanced meal. Learn how to build your own bowl or follow our recipe for a tangy, Mediterranean style bowl.

Download the recipe at www.geelongaustralia.com.au/eatwell