

EAT WELL LIVE WELL

Healthy eating for every life stage



55+
YEARS

HEALTHY EATING FOR OLDER ADULTS

Enjoying a variety of healthy options from the five food groups will provide the nutrients you need to stay well and be active in later life. Health issues and other changes can make it harder to buy, prepare and eat enough food as you get older. Focus on making every mouthful count by choosing foods you enjoy and seeing mealtimes as a social activity that you can share with others.

COMMON CHALLENGES AND HELPFUL TIPS

Healthy heart

Too much salt can increase your risk of high blood pressure, stroke, and heart disease. Foods that are high in salt include processed meats (such as ham, bacon, salami, sausages), corned beef, snack foods like chips, fast foods, and sauces such as soy sauce or fish sauce.

Some things you can do to reduce salt:

- Choose low salt varieties of sauces or packaged products
- Buy fresh meat or poultry rather than processed
- Flavour your food with herbs and spices rather than salt

Healthy bowels

Your digestive system slows with age, so it is even more important to make sure you are eating enough fibre. Fibre helps to speed up the movement of food through the digestive tract, keeping your bowel movements regular and preventing constipation.

Increase fibre in your diet by:

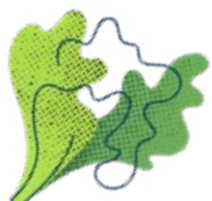
- Choosing a higher fibre breakfast cereal such as oats or muesli
- Switching to multigrain bread rather than white bread
- Swapping white rice for brown, black, or red rice

When increasing fibre, it is important to also make sure you are drinking enough water to reduce digestive discomfort.

Loss of appetite

Many people eat less as they get older. For older adults who are frail or underweight:

- Eat foods that you enjoy
- Try smaller meals more often
- Add extra protein and energy with fruit, fruit juice, cheese, yoghurt, nut butter, margarine, olive, or canola oil
- If you can't manage a meal, milk drinks are a nourishing alternative and are easy to consume
- See your doctor or dietitian about your specific health needs and if you need help preparing a healthy diet



KEY NUTRIENTS

Your food and nutrition needs change as you age. Choose healthy options from the five food groups that help meet the nutrient requirements for your life stage.

Nutrient	Function	Food sources
Protein	<ul style="list-style-type: none"> Prevents muscle loss Maintains strength and prevent falls Helps 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
Calcium	<ul style="list-style-type: none"> Builds and maintains healthy bones 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"> Helps absorb 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 and salmon Liver
Omega-3 Fats	<ul style="list-style-type: none"> Supports brain function and memory Reduces the risk of heart disease, diabetes, and arthritis 	<ul style="list-style-type: none"> Salmon, tuna, sardines and mackerel Flaxseeds Walnuts Soybeans
Vitamin B12	<ul style="list-style-type: none"> Supports nerve function to reduce risk of tingling, numbness, and poor balance Improves brain health to support memory and mood Supports production of red blood cells to reduce fatigue or shortness of breath 	<ul style="list-style-type: none"> Liver Salmon, tuna, sardines and mackerel Beef and lamb



SALMON & SPINACH FRITTATA

The salmon in our quick and tasty frittata provides omega-3 fats to support brain function and memory, as well as vitamin D for strong bones and muscles. Eggs provide extra protein to fill you up and are an easy option to enjoy at breakfast, lunch, or dinner.

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