

HEALTHY FOR LIFE

EATING WELL TO AGE WELL.



As we age our lifestyles and appetite can change, affecting the types and amounts of foods we eat. A decreased appetite and/or ability to buy and prepare healthy foods can negatively impact the intake of essential vitamins, minerals and fibre we require in our older years to thrive. Inadequate nutrient intake can contribute to general unwellness and/or exacerbate some chronic conditions.

It's important to use every meal and snack as an opportunity for optimal nutrition. Try to find ways to improve your diet to fit with your personal tastes, abilities, and lifestyle – even if asking for support from friends, family, or other community services like us!

KEY TIPS FOR HEALTHY AGEING

1.

Use less salt - everyone requires a small amount of salt in their diet, but too much can increase risk of high blood pressure and heart disease. Salt occurs naturally in many foods such as meat, eggs, milk and vegetables, but much of the salt in the Australian diet comes from the salt added by manufacturers or when adding salt at the dining table. Older adults **should restrict high salt foods** such as cured/processed meats (ham, corned beef, bacon and luncheon meats), snack foods (potato chips and pastries) and sauces (such as soy sauce). Choose reduced salt foods when shopping, and flavour foods with herbs and spices instead of adding salt.

2.

Drink enough water - water supports many vital functions in body, including hydration, digestion and blood volume. As you age, you may not feel thirsty as often, even when your body needs fluid. Aim to drink **at least six times a day**, and more in warmer weather or if you are exercising. Mineral water, soda water and reduced fat milk all count towards your fluid intake during the day, but water is best.

3.

Limit intake of foods containing saturated fats and trans fats - Pies, pastries, fried and battered foods, and 'discretionary items' such as chips and chocolate are generally high in saturated fat, and may also contain dangerous trans fats. They should only be eaten very occasionally. If you are in the habit of having desserts, aim to make it as nutritious as possible and avoid high sugar and saturated fat foods, or those containing trans fats. Try fresh fruits with yoghurt or custard for sweetness and flavour, and choose wholegrain and/or oat-based options for crumbles or cakes.





'Some variations in older people's health are genetic, most is due to people's physical and social environments – including their homes, neighbourhoods, and communities.'
WHO, 2022

4.

Get your vitamins and minerals - vitamins and mineral supplements may be recommended by a doctor or dietitian for diagnosed deficiencies. Nutrient deficiencies are not uncommon in older adults due to reduced appetite or digestion issues from illness or medication. Vitamin and mineral supplements can't compensate for a poor diet so be sure to include and enjoy a variety of foods from the core foods groups to **get as many nutrients from foods as possible**. Discuss your specific needs with your GP, or contact us about seeing an Accredited Practising Dietitian to assist you.

5.

Manage your alcohol consumption - know your standard drinks. It is important to monitor your alcohol consumption as part of a healthy diet. Alcohol does not provide any essential nutrients, and is full of kilojoules. Plus, **as you get older there's greater risk of harm to your health from drinking alcohol**, especially if mixed with medications.

Australia's national guidelines state: healthy men and women should consume no more than ten standard drinks a week and no more than four standard drinks on any one occasion, to reduce the risk of harm from alcohol.

6.

Keep moving! Staying active as you get older is important for good mental and physical health and wellbeing. It reduces the risk of many diseases, including some cancers, and helps maintain a healthy weight. People aged 65 years+, it's recommend at least 30 minutes of moderate intensity physical activity on most, preferably all, days.



BEETROOT, LENTIL AND FETA SALAD

450g can whole baby beetroot, drained
400g can lentils, drained and rinsed
2 spring onions, finely sliced
2 teaspoons extra virgin olive oil (10mL)
1 teaspoon red wine vinegar (10mL)
¼ cup reduced fat feta cheese (62g), crumbled
½ cup walnuts
1 packet of baby spinach & rocket salad
Freshly ground black pepper, to taste

1. Cut any larger beetroots in half and combine with lentils, walnuts and spring onions in a bowl.
2. Combine oil and vinegar.
3. Add the baby spinach and rocket to bowl and drizzle with dressing. Gently toss to coat.
4. Transfer salad to a serving platter, scatter with feta and a sprinkle of pepper.

