



Eating Well When You Are Older Checklist



Often as we age, appetite and food intake become smaller. Many people feel that they don't need to eat as much as they did when they were younger.

However, older people need more of certain vitamins and minerals, such as calcium and B vitamins, so it is **very important** to have a good quality diet.

- Eat a variety of food by filling your plate with colourful food.
- Eat three meals a day, and make sure one is a hot meal. Remember, missing meals is bad for your health.
- If you only eat two meals a day, make sure one is a hot meal and eat two healthy snacks.
- Have protein-rich foods at every meal:
 - red meat
 - pork
 - chicken
 - liver
 - fish
 - eggs
 - cheese
 - milk
 - legumes
 - nuts
- Eat fruit and vegetables every day. Frozen vegetables and tinned fruit are good, too.
- Eat four servings of dairy foods every day. One serving is the same as:
 - 200mL glass of milk
 - 2 slices of cheese
 - 200g tub of yoghurt
 - 1 cup of custard
 - 20g can of salmon with bones
 - 6 sardines with bones
- Eat healthy snacks during the day.
- Drink at least six cups of fluid each day:
 - water
 - juice
 - cordial
 - tea
 - coffee
- Keep active to maintain muscle strength
- Prepare and store your food carefully and hygienically.