

## Healthy Eating for Healthy Ageing

As you get older, eating healthily can be a challenge. Maintaining good eating habits can become more difficult as bodies and therefore requirements change. Changes to your body's kilojoule (Calorie) and nutrient needs, sense of taste and smell, dentition (teeth) and changes to your ability to access and prepare food can be a normal part of getting older.

These factors, whether they appear by themselves or in combination, can make staying nourished trickier than it may seem. Small changes to what or how you eat may result in big returns in terms of your health.






This information, based on the Australian Dietary Guidelines ([www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)), shows the 5 core food groups and the number of their servings you should aim for every day to maintain your health. The goal of these recommendations is to achieve a healthy and nourishing diet – providing enough energy and nutrients to meet your requirements.

### What does a healthy diet mean?

Following these recommendations and making healthy food choices promotes health and wellbeing, with benefits such as:

- Feeling better, mentally and physically.
- Having more energy for daily activities.
- Being more resistance to infection.
- Maintaining a healthy weight.
- Improved quality of life
- A reduced risk of developing certain health conditions.



What is needed per day		Men		Women	
		51 - 70	70 +	51 - 70	70 +
Grain (cereal) foods		6	4½	4	3
Vegetables		5½	5	5	5
Fruit		2	2	2	2
Lean meats and poultry, fish, eggs, tofu, nuts & seeds, and legumes/beans		2½	2½	2	2
Milk, yoghurt, cheese and/or alternatives		2½	3½	4	4

Dietary Recommendations for Older Adults (adapted from the Australian Dietary Guidelines)

## Sample Menu Plan

### **Breakfast**

Boiled or poached eggs on wholegrain toast



### **Mid-morning snack**

Crackers with cheese and tomato slices, and a small banana



### **Main meal**

Meat, chicken or fish, assorted vegetables and mashed potato



### **Afternoon snack**

A glass of milk & piece of fruit



### **Light meal**

Baked beans on toast, with a small garden salad



### **Supper**

Tub of unsweetened yoghurt and some berries





Maintaining our weight is the ideal result – consistent weight loss can lead to malnutrition, which can not only reduce quality of life, but open the door to a whole range of ailments and reduce your quality of life.

Malnutrition affects older Australians at a rate estimated to be between 10% and 60%<sup>4, 5, 6</sup>.

Negative outcomes associated with malnutrition include:

- Impaired immune function, leading to increased risk infections and delayed recovery
- Increased risk of osteoporosis, falls and fractures
- Poor wound healing
- Possible institutionalisation
- Reduced mobility



**Resource:**

<https://www.dva.gov.au/sites/default/files/files/health%20and%20wellbeing/vhw/2018/healthy-eating.pdf>

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**Need help with any dietary advice?**

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