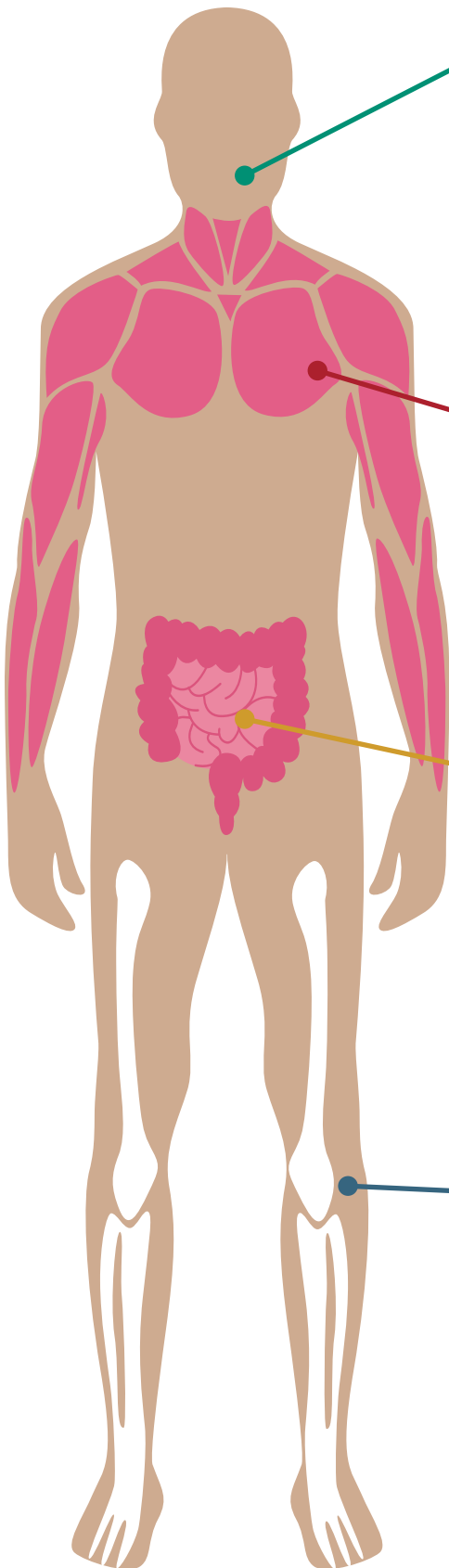


Nutrition and older adults



Drink water



Stay alert
Help you think
Aid digestion

For muscle strength

Protein rich foods help maintain muscle strength as we get older



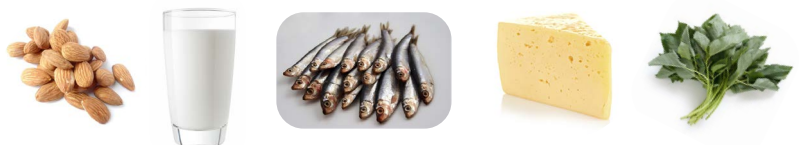
For bowel health

Eat foods high in fibre to keep your toileting regular



For bone health

Eating foods high in calcium can lower your risk of falls and fractures



Nutrition and older adults

Eat well to age well

As we get older, the types and amounts of foods we like to eat can change. It is important to keep choosing healthy foods to support our health.

Enjoy a wide variety of foods from the core food groups



Enjoy food with family and friends

Ask for help with food preparation and shopping.



Bone Health

Older adults need more calcium to support bone health. Eating foods high in calcium can reduce your risk of falls and fractures.



Use less salt

Too much salt can increase your risk of disease.



Limit foods high in salt and saturated fat



Keep moving, use it, or lose it!



Eating healthy foods can support your health as you age. Remember to eat well, exercise and ask friends and family for help.