Eating Well

Eating well is important for everyone, and as we age our body needs good food to stay well and strong. Here are five top tips for eating well each day:

* Eat at least three meals.
* Enjoy foods from each of the five food groups (breads and cereals, vegetables, fruit, dairy, meat and meat alternatives).
* Don’t skip meals. If you have a small appetite, try to eat small meals more often, rather than skipping meals.
* If you are losing weight or have a poor appetite, try to have snacks between meals.
* Drink at least eight glasses of fluid each day. Water is a good choice.

Along with eating well, it is important to be active when we are older. Try to enjoy moving your body for about 30 minutes every day.

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