

# Nutrition for older people

Eating well is very important as you get older to help you stay healthy and strong. Here are some tips to help you eat well.

## Eat at least three meals a day

- Try to include foods from all five food groups every day:
  - grain (cereal) foods
  - vegetables
  - fruit
  - dairy foods
  - lean meat and meat alternatives.
- Don't skip meals – make sure you have breakfast, lunch and dinner each day.
- Have snacks as well if you have lost weight or your meals are small.

## Eat at least three serves of grain (cereal) foods a day

Choose mostly wholegrain and/or high fibre varieties. One serve of grain food is:

- a slice of bread or a crumpet
- half a cup of cooked rice, pasta or noodles
- half a cup of cooked porridge or 2/3 cup of breakfast cereal
- three crispbreads.

## Eat two serves of fruit a day

Choose mostly fresh fruit or tinned fruit in natural juice. One serve of fruit is:

- a medium piece (for example apple or banana) or two small pieces (for example apricot or kiwi)
- a cup of tinned fruit
- half a cup of fruit juice or a small handful (30g) of dried fruit.

## Eat five serves of vegetables a day

One serve of vegetables is:

- half a cup of cooked vegetables
- a cup of salad vegetables
- half a cup of cooked legumes or beans, including baked beans
- half a medium potato or sweet potato.

## Have at least three serves of dairy a day

One serve of dairy is:

- a cup of milk (250ml)
- a cup (250ml) of soy, rice or other cereal drink with at least 100mg of added calcium per 100ml
- a small tub of yoghurt or a cup of custard
- two slices of cheese.

## Eat at least two serves of meat or alternatives a day

One serve of meat or meat alternatives is:

- a piece of lean meat or chicken the size of your palm. This is about 90-100g (before it's cooked)
- a piece of fish the size of your hand. This is about 115g (before it's cooked) or a small tin of fish
- two large eggs
- a cup of cooked dried beans, lentils, chickpeas or tinned beans
- a small handful (30g) of nuts or seeds, or a tablespoon of nut paste like peanut butter.

## Drink plenty of fluid everyday

You will need to drink more if you're being active or it's a hot day. Aim for at least eight glasses a day.

- Water is best because it is healthy, cheap and easy to get.
- Other fluids include milk, tea, coffee, juice, soup, custard or jelly.