



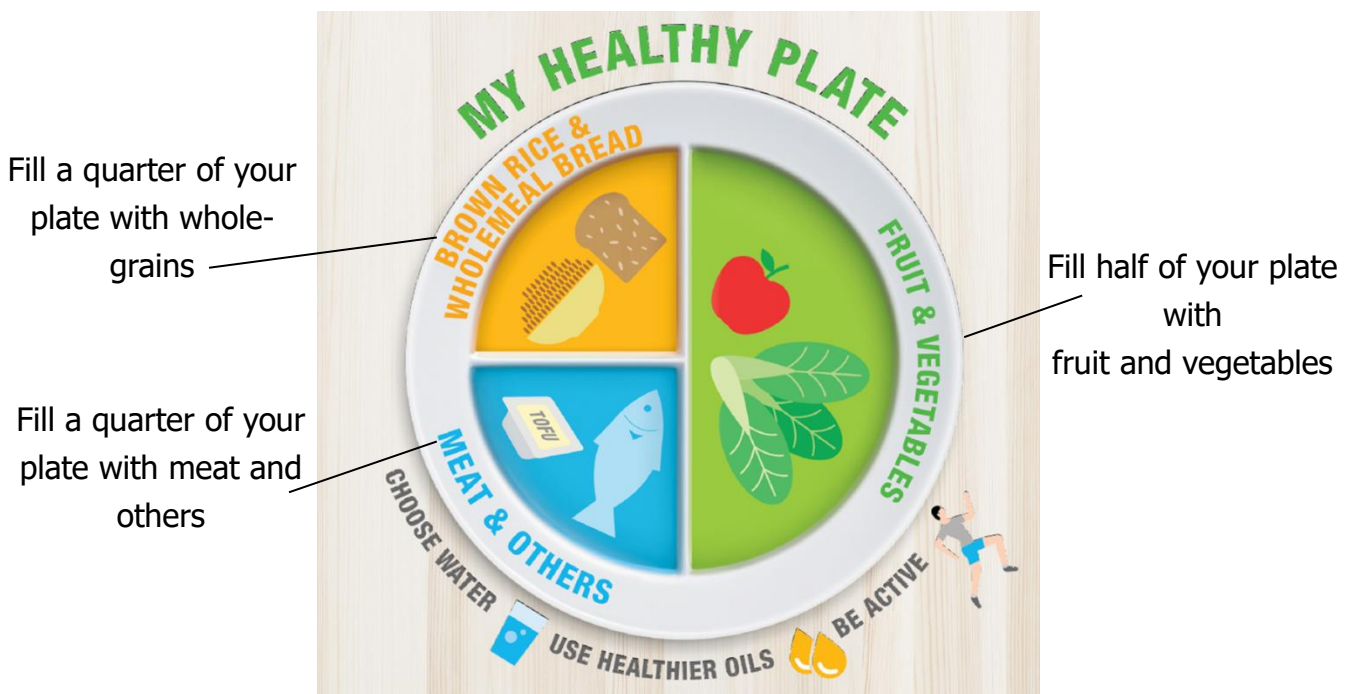
## Healthy Eating for Healthy Ageing

### Calories and nutrition

As you grow older, you need less calories because your metabolism slows down with age. However, the amount of nutrients your body needs remains, or may be more. Making the right food choices is important to make sure that you have enough nutrients.

### Healthy balanced meals

Eat your main meals according to ***My Healthy Plate*** below:



### Eat enough protein

- As you age, including good quality protein in your diet can help reduce muscle loss and support your immune system.
- Include protein at every meal. Examples of protein food include meat, fish, chicken, eggs, tofu, lentils or milk.

### Add whole-grains, fruit & vegetables

- Whole-grains, fruit and vegetables are high in fibre, vitamins and minerals. Eating them can help to keep you healthy and prevent constipation.
- Eat a variety of fruit and vegetables as they contain different vitamins and minerals. Choose brightly-coloured fruit and vegetables.
- Eat two servings of fruit and two servings of vegetables daily.

## **Eat enough calcium for strong bones**



- As you age, your bone loses more calcium than can be replaced.
- Include good sources of calcium such as milk, yoghurt and cheese daily. Choose the low-fat varieties to avoid putting on too much weight.
- Other foods high in calcium include small fish with edible bones (e.g. sardines), dark green leafy vegetables, tofu and food items where calcium is added, such as, high-calcium soybean milk, bread or biscuits.

## **Limit fat especially saturated and trans fats**



- Saturated fats and trans fats increase LDL-cholesterol ("bad" cholesterol).
- Avoid foods high in these, such as, fatty meat, poultry (chicken/duck) skin, coconut milk/cream, deep-fried food, pastries, cakes, cookies, and products made with vegetable shortening, hydrogenated or partially hydrogenated oils.
- Use healthier oils such as canola, olive, soybean, sunflower and peanut oils.

## **Eat less salt**

- Eating too much salt or sodium increases the risk of high blood pressure.
- Use less salt and sauces when cooking or at the table.
- Choose natural seasonings such as herbs and spices to flavour foods.
- Choose fresh foods instead of processed foods such as canned products, salt-preserved, cured and smoked foods. If you need convenience foods, choose canned foods with the Healthier Choice Symbol as they are lower in sodium.



Eat All Foods In Moderation

## **Other issues:**

As a result of ageing, some people may have changes to their appetite, difficulty chewing, or constipation.

## **Useful tips to help manage the following changes:**

### **Poor appetite**

- Have small frequent meals and healthy snacks.
- Add in protein and healthy fat in your foods to increase calories and nutrients.
- Enhance the taste of foods with herbs and spices (e.g. pepper, turmeric, basil, nutmeg, cumin etc.) to improve your appetite.
- If you lose weight unintentionally, please see a dietitian for advice.

### **Difficulty chewing**

- Eat soft rice, porridge or kway teow.
- Eat soft fruit.
- Cut vegetables into smaller pieces and cook them well or till soft.
- Replace tough meats with fish, tofu, eggs, minced chicken or minced lean meat.

### **Constipation**

- Eat two servings of fruits and two servings of vegetables daily.
- Choose whole-grains such as oats, wholemeal bread and brown rice.
- Drink 6-8 cups of fluids daily. If you have poor appetite, avoid drinking too much fluid before meals as this may fill you up and prevent you from eating well.

## Supplements:

- Supplements do not replace a healthy diet. You should get all the nutrients that you need from foods first
- Supplements may help if you are not able to have a variety of nutritious foods to meet your nutritional requirements.
- Please see a doctor or dietitian before you start taking supplements.

## **Points to remember:**

- ✓ Eat a balanced-meal according to ***My Healthy Plate***.
- ✓ Include high protein foods in every meal.
- ✓ Include wholegrains, fruit and vegetables to keep you healthy and prevent constipation.
- ✓ Drink 6 to 8 cups of water daily as it can help with constipation.
- ✓ Include high calcium foods to build and strengthen your bones.
- ✓ Eat less fat, especially saturated fats and trans fat.
- ✓ Choose and prepare food with less salt and sauces.
- ✓ Choose soft foods if you have problem chewing or swallowing food.
- ✓ Please see a doctor or dietitian if you are losing weight (without trying) or have a very poor appetite.

