

Eat Well, Feel Well

Eating a healthy balanced diet provides the nutrients you need to help you stay healthy, feel fit and energetic and help to prevent falls. As we age, nutrition remains very important.

The following are some suggestions to help you eat well

Regular Meals

Try to have regular meals, at least 3 times a day and choose a variety of foods from the following food groups:

Bread, cereals, potatoes, rice and pasta

- Base your meals and snacks on these foods. They are filling and provide energy, fibre, vitamins and minerals and are low in fat.
- Change to high fibre varieties such as wholemeal, granary or high fibre white bread or wholegrain breakfast cereals. This will help to prevent constipation

Vegetables and fruit

- Aim for five servings a day. They are a great source of fibre, vitamins and minerals.
- Choose from fresh, frozen and canned fruit and vegetables.
- Don't forget dried fruit can be added to other dishes, e.g. cereals and puddings.
- Citrus fruits and green leafy vegetables are good sources of vitamin C. Fruit juice or vitamin C enriched squashes are good if you do not feel like eating fruit.

Meat, fish, eggs, beans

- Choose two servings each day. You can use fresh, frozen or tinned meat and fish

- Cheaper cuts of meat can be nourishing. Try to have liver, faggots or kidney once a week. They are a good source of iron. Baked beans, split peas or lentils are good in soups and casseroles.
- Try to have fish twice a week and include oily fish such as mackerel, salmon, sardines and pilchards, which are a good source of vitamin D, as well as white fish.
- Use eggs as part of a main or snack meal or have them in puddings.

Milk, cheese and yoghurt

- These foods are rich in calcium. Try to have two to three of these foods each day and include at least ½ pint milk per day.
- Use full cream or semi skimmed milk on cereals, in drinks and in cooking.

Remember getting outside more often will increase your vitamin D levels, which your body needs to use the calcium in your diet, as well as keeping you fit and healthy. If you are housebound you may need calcium and vitamin D supplements from your doctor.

Important things to remember!

Foods containing fat and/or sugar

- Go easy on butter, spreads and cooking oils
- Cakes, pastries, biscuits, crisps and chocolate provide extra energy and variety but keep them to a minimum and take care that they do not spoil your appetite for more nourishing foods

Salt

- Too much salt can cause high blood pressure.
- If you use salt, try to only put a small amount in cooking and do not add any extra at the table

Don't forget the fluid!

It is important to drink plenty of fluid. Each day you should have at least 8 cups of fluid such as water, tea, coffee, fruit juice, soft drinks, or milk drinks.

If you have unintentionally lost weight recently , then do talk to your doctor