

Nutrition Tips for Healthy Ageing

Create healthy balanced meals

Eat the rainbow!

Eating plenty of different coloured fruit and vegetables can help lower your risk of heart disease and some types of cancer. They are a great source of fibre which is important for healthy digestion and preventing constipation. Aim for 5 to 7 servings per day. All types count, including fresh, frozen, canned & dried varieties.



Choose wholegrain/whole meal/wholewheat varieties as they contain more fibre.

Aim for 20-40g of protein at each main meal. Protein is important to keep you strong and protect your muscles.



1 salmon fillet (140g)
= 27g protein



1 striploin steak (227g)
= 49g protein



1 chicken breast fillet (145g)
= 44g protein



1 fillet steak (165g)
= 35g protein



2 medium slices of cooked beef, pork, lamb (75g)
= 20g protein



75g uncooked brown pasta
= 8g protein



1 egg
= 6-7g protein



80g can of tuna
= 19.2g protein



100g prawns
= 12g protein



0% fat Greek yoghurt (150g)
= 12.8g protein



2 slices of wholegrain bread
= 7g protein



cheddar (25g)
= 6.4g protein



50g uncooked brown rice
= 4g protein



200g baked beans
= 10g protein



low fat protein milk (200mls)
= 10g protein



low fat & slimline milk (200mls)
= 7g protein



whole milk (200mls)
= 6.8g protein



soya milk (200mls)
= 6.8g protein



1/2 drained can of peas, lentils, kidney beans, chickpeas (200g)
= 7-9g protein



1 tablespoon peanut butter
= 4g protein

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A small handful of unsalted nuts per day (30g) has beneficial effects on heart health. Enjoy as a snack, on top of cereals, yoghurt, salads, dinners.



Don't add salt to meals and choose reduced salt / sodium options.

Less than 3 portions of red meat per week.



Limit processed meats such as bacon, sausages, pepperoni. These are high in fat and salt.



It is recommended to eat fish 1-2 times per week, including oily fish up to twice a week. Oily fish provides omega-3 fats that help to keep your heart and brain healthy.



Vitamin D is essential for bone and muscle health. Adults aged 18-65 years are advised to take a vitamin D supplement of 15 micrograms from October-March. Adults aged 65+ are advised to take a vitamin D supplement of 15 micrograms daily.

Good hydration (drinking enough fluid) is important to feel well, reduce the risk of constipation and prevent dehydration. Dehydration can lead to headaches, tiredness, confusion, poor concentration, constipation and urinary tract infections.

Monitor urine colour to assess hydration status

HYDRATED



The general rule of adequate hydration is that the clearer and lighter the urine the better.

MILDLY DEHYDRATED

Drink more fluids!

DEHYDRATED

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