

Healthy Eating for Older People



1. Eat at least 3 meals a day

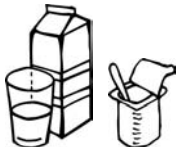
- Eat from **all** of the food groups every day.
- The food groups are breads & cereals, vegetables, fruit, dairy, meat & meat alternatives.
- Don't skip meals.
- Have snacks if you have lost weight or your meals are small.

2. Eat fruit and vegetables every day

- Eat 2 pieces of fruit a day.
- Eat 5 serves of vegetables a day.



3. Have 4 serves of dairy everyday



- 1 serve = 1 cup milk or 1 small tub yoghurt or 1 slice cheese or 1 cup custard.

4. Drink at least 8 glasses of fluid everyday

- Water is best.
- Other fluids include weak juice and cordial, tea, milk, soup, coffee, jelly, ice cream and custard.



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5. Be active

- Exercise gently for 30 minutes each day.
- Make it a fun activity or do it with a group.
- Good examples are walking, gardening, swimming, dancing, cycling, Tai Chi or exercise classes.