

Easy Tips for

# a Healthy Eating Pattern for Older Adults



As we age, our body's ability to absorb and use certain nutrients lessens and our energy needs are lower. Choose foods that are high in fibre, vitamins, and minerals. You can use Canada's Food Guide to create a healthy eating pattern.

Calcium and Vitamin D are important for strong bones. Try to include calcium rich foods at every meal. Calcium can be found in foods like milk, yogurt, fortified soy beverages, and canned fish with bones.

Being active and having protein rich foods at each meal helps prevent muscle loss. Lean meats, eggs, fish, tofu, milk, beans, lentils, legumes, nuts, and seeds are all good sources of protein.

## Canada's Food Guide

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

## These are the steps



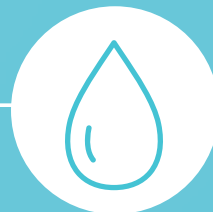
### Don't Skip Meals

Planning some simple meals ahead can help you get all the nutrients you need in a day.



### Eat your Veggies

Have a vegetable or fruit at every meal and snack.



### Drink Water

Staying well hydrated is important for preventing falls and staying healthy



### Invite others

Eating with others is fun and has health benefits. Ask a friend to join you in preparing and eating a meal



## Getting the best nutrition for your dollar

Planning your meals and how you can use leftovers can save both time and money. With a plan you can shop based on sales and seasonal foods. Make a list before you go grocery shopping and stick to it. A shopping buddy can also save you money by sharing large food items like the Good Food Box and transportation costs.

Find out more from:

- A Guide to Healthy Eating for Older Adults on [www.UnlockFood.ca](http://www.UnlockFood.ca)
- [www.Canada.ca/FoodGuide](http://www.Canada.ca/FoodGuide)