

TUCKER TALK TIPS

GOOD FOOD FOR ELDERS

MY MESSAGE TO YOU



WHY IS GOOD NUTRITION IMPORTANT?

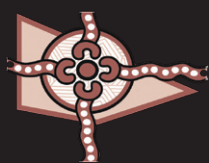
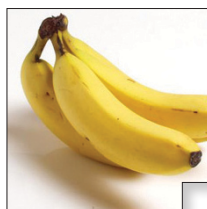
Eating well and staying active can help Elders:

- feel good and have more energy
- keep muscles and bones strong
- stay a healthy weight
- recover better if they get sick
- prevent or manage health problems like diabetes and heart disease

WHAT SORT OF FOODS SHOULD ELDERS EAT?

Elders should try to eat at least 3 meals every day and include a variety of nutritious foods:

- **2 fruits and 5 vegies** – fresh, frozen, canned or dried.
- **Plenty of wholegrain breads and cereals** – high fibre varieties can help prevent constipation.
- **3 - 4 serves of milk, yoghurt, custard or cheese** – calcium is important for Elders to keep their bones strong. Choose reduced fat types where possible.
- **Healthy fats** to protect the heart. Choose mono or polyunsaturated oils such as olive or canola and margarine instead of butter, lard or dripping.
- **Low and reduced salt** foods to help control blood pressure.
- **Low sugar** foods and drinks to protect teeth and gums.
- **Plenty of water** or other drinks, such as tea and milk to avoid dehydration.



Produced by the Victorian Aboriginal Community Controlled Health Organisation and 'Go for your life'. Illustrations by Brayden Williams.

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Victoria
The Place To Be

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GOOD FOOD FOR ELDERS

KEEP ACTIVE!

Being active helps Elders to:

- keep muscles and bones strong
- stay a healthy body weight
- lower blood pressure
- have a healthy heart
- prevent or manage diabetes
- feel good and have more energy.

30 Minutes of physical activity per day is all it takes!

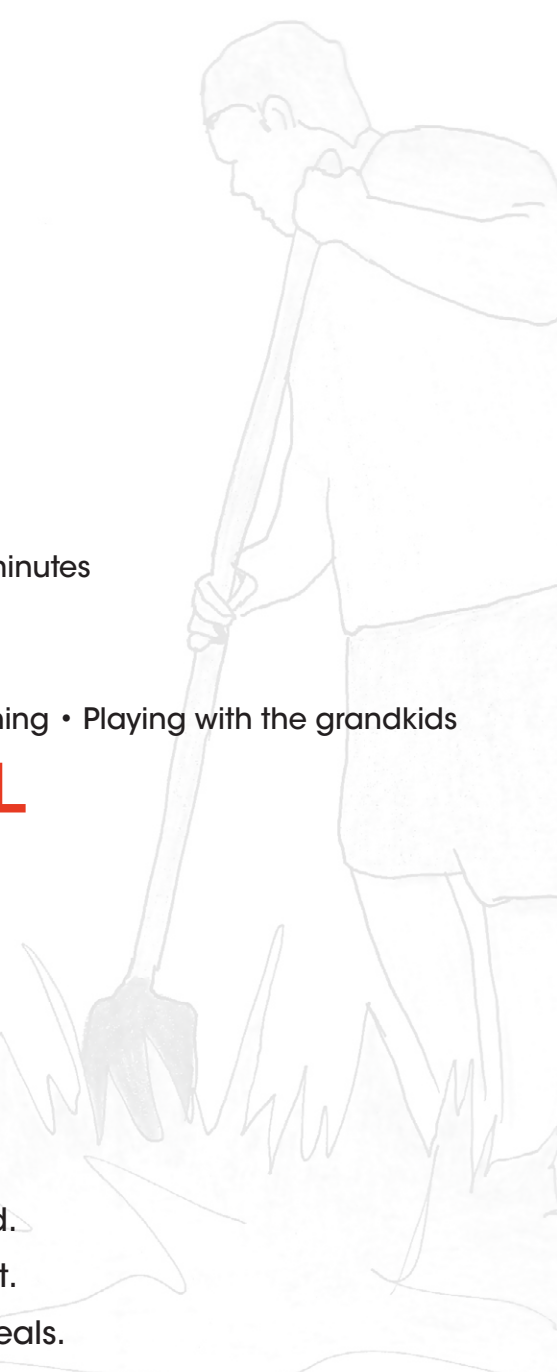
This doesn't have to be done all at once. You can do 2 lots of 15 minutes or 3 lots of 10 minutes.

Choose activities that you enjoy. For example:

- Walking • Gardening • Water aerobics • Dancing • Strength training • Playing with the grandkids

FOR ELDERS WHO ARE FRAIL OR UNDERWEIGHT

- Eat regularly and try not to skip meals.
- Eat small amounts of food more often.
- Treat yourself to foods you enjoy.
- Eat nutritious snacks like yoghurt, cheese, fruit or dried fruit.
- Have a meal at the time of day when you feel at your best.
- If you can't manage a meal, try to have a milk drink instead.
- Add extra margarine to your food to help you put on weight.
- Make your fluids count – drink milk or fruit juice between meals.
- See your doctor for advice about nutritional supplements.



For more information about 'Go for your life',
call 1300 73 98 99 or visit www.goforyourlife.vic.gov.au