



Dietitians of Canada

Eat Well Live Well For a Lifetime!

ENJOY... L.I.F.E.

L A healthy **Lifestyle** as you age can help you look and feel your best. Make eating an enjoyable part of your life by:

- asking a friend to lunch & trying a new dish;
- baking cookies with your grandchildren;
- helping with special meals for celebrations;
- trying a new recipe.

Being active and feeling good about yourself through support from friends and family are important parts of a healthy lifestyle.

I Healthy eating can promote **Independence** in later years by helping to protect you from certain illnesses:

- Emphasize whole grains such as bran and whole grain and/or enriched cereals. Have 5-12 servings daily of Grain Products.
- Include colourful fruits and vegetables as bright orange and dark green may offer more protective nutrients. Examples include squash, broccoli, and oranges. Have 5-10 servings daily of Vegetables and Fruit.
- Help strengthen your bones and possibly prevent osteoporosis by improving your intake of calcium and vitamin D. Choices include: milk, yogurt and cheese. Have 2-4 servings daily of Milk Products.
- For high quality protein include foods such as beef, poultry, fish, eggs, tofu and legumes. Have 2-3 servings daily of Meat & Alternatives.
- Choose lower fat foods more often; choose leaner meats, poultry and fish, lower fat milk products more often. Use small amounts of added fat in cooking and at the table.

The 1999 Nutrition Month Official Sponsors:



F When making **Food** choices:

Be Realistic: If you want to improve your food choices, make small changes one step at a time; there is a better chance that the change will last.

Be Adventurous: Expand your tastes to enjoy a variety of foods. Try a theme dinner with your friends featuring foods from other countries.

Be Flexible: Eat regularly, choose wisely and include some physical activity in your day.

Be Sensible: Enjoy all foods. If you're craving chocolate cake, have a piece and enjoy it. Just don't overdo it. Remember all foods can fit!

E Healthy eating and regular physical activity give you **Energy** to get going and keep going.

- eat and drink enough to maintain a healthy weight by following Canada's Food Guide to Healthy Eating;
- choose healthy snacks to boost your energy level - try fruit or fruit juices, yogurt, cheese, a hard-cooked egg or a bowl of cereal for a quick "pick me up"!
- plan nature walks at parks with a friend or group;
- join a "mall walkers" group;
- plant a garden.

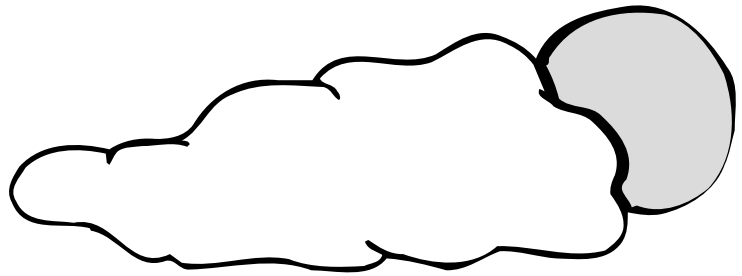
You owe it to yourself to receive the best possible advice on healthy eating. Get the facts from a source you trust ... ask a Registered Dietitian. Contact a dietitian in your region through your local health department, community hospital, in private practice (at 1-888-901-7776) or through the Dietitians of Canada web site, <http://www.dietitians.ca/>

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International Year of Older Persons 1999

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Live Well,
...for a
Lifetime!*



Enjoy L.I.F.E.!

Lifestyle ... A healthy lifestyle as you age can help you look and feel your best.



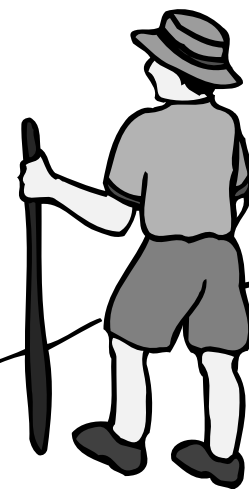
Independence ... Healthy eating protects you from illness and promotes independence in later years.



Food ... Be realistic, be adventurous, be flexible, and be sensible.



Energy ... Healthy eating & regular activity give you energy to get going and keep going!



<http://www.dietitians.ca/eatwell>

*Canada, a society for all ages
1999*



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