

# Senior Friendly™ Ideas for Healthy Eating

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## Planning Meals using *Eating Well with Canada's Food Guide*

Good nutrition is important at every age. Eating well will help you feel your best every day and can help prevent heart disease, diabetes, osteoporosis and some types of cancer.

Aging itself affects nutrition. As you get older, you need to eat less food (fewer calories) but you need the same amount or even more of certain vitamins and minerals. The key to healthy eating is planning your food choices and meals using *Eating Well with Canada's Food Guide*.

### Planning Meals

- ✓ Plan for 3 meals and 1-3 small snacks each day. Skipping any meal, but especially skipping breakfast, will make it difficult to get all the nutrients you need each day.
- ✓ Choose foods from at least three of the four food groups (listed below) at each meal.
- ✓ Plan your meals around vegetables, fruit and grain products. These foods should cover about 2/3 of your plate. The remaining 1/3 of the plate should be filled with protein rich foods such as dairy products, chicken, fish, meat, tofu, eggs or beans.

### Vegetables and Fruit

7 servings per day

Choose dark green, bright yellow and orange vegetables and fruit more often as they contain the most nutrients. Try spinach, broccoli, carrots, squash, oranges, cantaloupe and peaches.

Examples of one serving

- 1 medium sized piece of fruit or vegetable (e.g. apple, banana, carrot).
- 125 mL (½ cup) fresh, frozen or canned fruit or vegetables.
- 125 mL (½ cup) cooked leafy vegetables.
- 250 mL (1 cup) raw leafy vegetables.
- 125 mL (½ cup) fruit or vegetable juice.

### Grain Products

6-7 servings per day

Grains provide you with energy, fibre and some important vitamins. At least half of your daily grain choices should come from whole grain products like oatmeal, brown rice, whole grain wheat, pot barley, bulgur or buckwheat.

Examples of one serving

- 1 slice bread, ½ bun or bagel.
- 30 grams cold cereal (about 1 cup depending on type of cereal - see label).
- 175 mL (¾ cup) cup hot cereal.
- 125 mL (½ cup) pasta or rice.
- 35 grams of bannock, naan, pita, or tortilla.



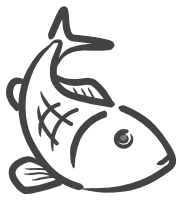
## Milk and Alternatives

### 3 servings per day

Milk products contain calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products more often.

### Examples of one serving

- 1 cup (250 mL) skim, 1% or 2% milk, or fortified soy beverage.
- 50 g (1 ½ oz) cheese.
- 175 mL (¾ cup) of yogurt or kefir.



## Meat and Alternatives

### 2 to 3 servings per day

Meat and Alternatives are important sources of protein, iron and B vitamins and are key for good muscle tone and immunity. Choose lean meats, fish and poultry, and alternatives such as beans, lentils and peas more often.

### Examples of one serving

- 75 g (2 ½ oz) meat, fish or poultry (about the size of a deck of cards).
- 175 mL (¾ cup) tofu or cooked beans, chickpeas or lentils.
- 2 eggs.
- 30 mL (2 tbsp) peanut butter.
- 60 mL (¼ cup) shelled nuts and seeds.

## Oils and Fats:

Include a small amount (30-45 mL or 2-3 tbsp) of unsaturated fats each day. Examples of unsaturated fats are oil (such as canola, olive or soy), salad dressing, non-hydrogenated margarine and mayonnaise. Limit butter, hard margarine, lard and shortening, which are higher in saturated fat and/or trans fat.

## Other foods

Limit foods and beverages that are high in calories, fat, sugar and salt, such as: jam, candies, chocolate, cakes, pies, pastries, cookies, deep-fried foods, fast foods, chips and pretzels.

## Fluids

Fluids are essential to life, yet many seniors do not drink enough. As we age, our sense of thirst declines so we need to drink regularly whether we feel thirsty or not. Aim for at least eight glasses of fluids each day. Satisfy your thirst with water first, but remember that juice, milk, soup, tea and coffee also count towards your total fluid intake. There is also fluid in the foods we eat.

**Canada's Food Guide suggests adults age 50+ take a daily vitamin D supplement of 10 µg (400 IU). Talk to your doctor, registered dietitian or pharmacist before taking any other supplements since they may interfere with some medications.**

Dietitians provide food and nutrition information you can trust. Find a dietitian in your area at [www.dietitians.ca/find](http://www.dietitians.ca/find) or call 1-888-901-7776.

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