



Eating well to age well.

Eating well becomes especially important as you get older. Here are some tips to help you eat well.

Eat a range of foods from the five food groups

The best way to get all the nutrients you need is to eat a range of foods from within each food group across the week. The food groups are in the table below.

Food group	Examples
Meat and alternatives	 Lean meat, chicken, fish, eggs, beans, lentils, legumes, nuts, seeds and nut butter.
Dairy and alternatives	Cow's milk, yoghurt and cheese, or non-dairy alternatives (choose options fortified with at least 100mg of calcium per 100mL).
Vegetables	Fresh, frozen or canned (choose reduced-sodium options).
Fruit	Fresh, frozen or canned in 100% fruit juice, or dried fruit (in small amounts).
Grain (cereal) foods	Bread (all types), crumpets, rice, pasta, noodles, oats, wholegrain breakfast cereals, crispbreads, quinoa, polenta.

Aim to eat at least three meals (and snacks) every day

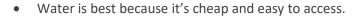
- Eating regular meals and snacks will help to keep your energy levels stable throughout the day and prevent weight loss.
- Aim to include a food from the 'meat and alternatives' group or the 'dairy and alternatives' group at every meal.
- If you have recently lost weight or have a low appetite, snacks are especially important.

Drink plenty of fluid

- We all need to drink fluid regularly throughout the day to keep our bodies functioning well.
- Aim to drink at least eight glasses a day (more if it's hot outside or if you've been active).







Other fluids include milk, tea, coffee, juice, soup, custard and jelly.

Connect with others over meals when you can

- Food isn't just fuel for our bodies, it can also be a way to connect with people around us, our culture and history.
- Eating with others can help to improve our nutritional wellbeing and our mood.
- If you have a low appetite, eating with others can help you to eat more.

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