



## 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	<ul style="list-style-type: none"><li>Lean meat, chicken, fish, eggs, beans, lentils, legumes, nuts, seeds and nut butter.</li></ul>
Dairy and alternatives	<ul style="list-style-type: none"><li>Cow's milk, yoghurt and cheese, or non-dairy alternatives (choose options fortified with at least 100mg of calcium per 100mL).</li></ul>
Vegetables	<ul style="list-style-type: none"><li>Fresh, frozen or canned (choose reduced-sodium options).</li></ul>
Fruit	<ul style="list-style-type: none"><li>Fresh, frozen or canned in 100% fruit juice, or dried fruit (in small amounts).</li></ul>
Grain (cereal) foods	<ul style="list-style-type: none"><li>Bread (all types), crumpets, rice, pasta, noodles, oats, wholegrain breakfast cereals, crispbreads, quinoa, polenta.</li></ul>

### 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).



- Water is best because it's cheap and easy to access.
- 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.

## Healthy Ageing Tasmania

 [health.tas.gov.au/healthyageing](https://health.tas.gov.au/healthyageing)

 [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

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