




Eating Well to Age Well



Healthy Ageing Tasmania

 health.tas.gov.au/healthy-ageing

 community.nutrition@health.tas.gov.au

*Funded by the Australian Government Department of Health.
Visit the Department of Health website (www.health.gov.au) for more information.*



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The Healthy Ageing Tasmania Team acknowledge the palawa/pakana people as the traditional owners and ongoing custodians of lutruwita (Tasmania).

We recognise the strength and resilience of all First Nations people and their care and protection of country and community for thousands of years. Aboriginal people demonstrate deep respect and value for their elders and their communities. First Nations people have been story telling for more than 65,000 years, and we proudly pay tribute to their culture when we share stories and connect with our ageing community.

In the spirit of reconciliation, I extend my respect to Tasmanian Aboriginal people and Elders past and present and acknowledge that their land was never ceded.



Today's focus

- What does eating well look like as we age?
- How does eating well support older people to age well?
- How can we better support our clients who live at home?



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**Why is eating well
important for
older people?**

What does eating well look like?

Older people need to eat a variety of food every day

Eat from the five food groups:

- Vegetables
- Fruits
- Grains (cereal)
- Lean meat and alternatives
- Dairy and alternatives



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What does eating well look like?

The types of food older people eat is important to stay well.

These things are just as important too.

- Eating regular meals and snacks
- Eating more protein foods to maintain muscle
- Drinking enough to stay hydrated
- Food safety.



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Eating well is more than the foods you eat

- Food brings us joy
- It connects us with other people
- Shows people we care
- Allows us to express our culture.



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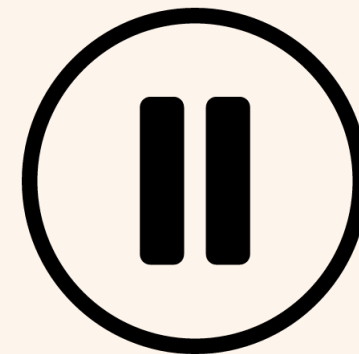


**How can you help
your clients to eat
well?**

What does eating well look like in your service?

Write down how your service already does this, where your service could improve, and what can you do to make meaningful changes.

1. Encouraging older people to eat a variety of food.
2. Keeping food safe.
3. Encouraging clients to include more high protein foods.
4. Supporting clients to drink enough.
5. Providing clients with an opportunity to eat socially with others.



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The background of the slide is a repeating pattern of various food items. It includes fruits like apples, bananas, oranges, lemons, and strawberries; vegetables like broccoli, carrots, mushrooms, and asparagus; breads like loaves and rolls; and other food items like fish, nuts, and a carton of milk. The items are rendered in a simple, illustrative style with soft colors.

**Where can I go for
more
information?**

Resources and support.

www.health.tas.gov.au/healthy-ageing

- Nutrition for older people online training
- Malnutrition in older people online training
- Factsheets to support eating well



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Summary




- Eating well is essential for the wellbeing of older people.
- Older people may face unique challenges in maintaining their nutrition.
- The Healthy Ageing Tasmania team is here to support Tasmanian service providers.



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