

# Healthy Eating at Every Age

## Live Life, Eat Healthy, Be Active

Good nutrition is important regardless of your age. Not only does it help you feel great but it also contributes to reducing the risk of developing heart disease, diabetes, osteoporosis, and some types of cancer. Making sure that you have the best nutrition is also important to reduce the risk of falls. As you age, you need fewer calories but the same amounts or more of vitamins and minerals. This is why following the recommendations of Eating Well with Canada's Food Guide is an important step to keeping strong and healthy.

You may want to start by planning your meals. For example, decide what you will be having for breakfast, lunch, supper and snacks for a week. Not only will this make your life a little easier, but it will also save you money if you are on a budget. Make sure that each meal consists of at least three of the four food groups and snacks contain two food groups. Ideally, you want half of your plate to be vegetables, one quarter of it meats and alternatives and the other quarter grain products. Try not to skip meals or snacks as this will make it difficult for you to obtain all of the nutrients you need each day.

Make sure you are getting enough calcium and vitamin D. Canada's Food Guide recommends that all men and women over 50 take a daily vitamin D supplement of 10ug (400IU) in addition to following Canada's Food Guide. Older adults often do not drink enough fluids. Aim for at least 8 cups per day and drink regularly regardless of whether you feel thirsty. Following these pointers will help ensure you have enough strength and energy to live an active, healthy life.

*Claudia Gorenko, RD  
Public Health Dietitian*

