

Eating Well

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.

As you get older, your body needs 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**.

You'll find out more about:

- How much food you need from each food group - Vegetables & Fruits, Grain Products, Milk & Alternatives, Meat & Alternatives.
- What foods can be found in each food group;
- Choosing oils and fat;
- Beverages; and
- Tips for choosing and preparing foods.

Eating well does not have to cost more. Many pre-prepared foods are high in calories, fat, salt or sugar and cost more. Cutting back on pre-prepared and low nutrient snacks can save you dollars and can be good for your health and waistline. For example, buy fresh vegetables and fruit when they are in season and freeze extras for later.

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.

Healthy aging

body, mind and spirit



Fluids

Fluids are essential to life. As we age, our sense of thirst declines so we need to drink regularly whether we feel thirsty or not. Satisfy your thirst with water first, but remember that juice, milk, soup, tea and coffee also count towards your total fluid intake.

Vitamin D

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

To order your complete and free version of Eating Well with Canada's Food Guide:

Call 1-866-225-0709 or email

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