**Older Adults Can Improve Their Diets to Help Slow the Progression of the Diseases of Ageing**

**Food and Diet**

1 in 7 do not comply with recommendations of the food pyramid.

3 in 4 do not get their “5-a-day” of fruit and vegetables.

2 in 3 consume one or more servings from the food and drinks high in fat, salt and sugar.

**Vitamin D Deficiency in Ireland**

1 in 8 are vitamin D deficient.

Increasing to 1 in 4 during winter.

**Nutrition Tips**

- Eat 5 portions of fruit and veg per day.
- Oily fish and eggs are a great source of vitamin D.
- Leafy green vegetables are good sources of folate and fibre.
- Eat 3 portions of dairy (milk/cheese/yogurt) per day to help maintain bone health.
- Limit treats to once or twice per week.

Talk to your GP if you have any concerns about your diet or vitamin intake.

For more information please visit www.tilda.ie

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