

# Healthy Eating

**tilda**

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

Eating healthily and having an active lifestyle can support healthy ageing.

Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease.

## Dietary Fibre – for a healthy gut

- Increase fruit and vegetable intake
- Reduce salt intake by seasoning foods with herbs and citrus such as lemon juice
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients



## Protein – for healthy muscles

To get enough protein throughout the day and to maintain muscle – lean meats, seafood, dairy, or fortified soy products, beans, peas, and lentils



## Minerals and vitamins are important in the later years of life:

### ● Calcium – for bone health and reduced fracture risk

Osteoporosis is a major health issue, particularly among women

- Good sources of calcium are lower-fat dairy products such as milk, cheese and yoghurt
- Calcium is also found in tinned fish with bones, such as salmon and sardines
- Other sources of calcium include green leafy vegetables (such as broccoli and cabbage), soya beans and tofu



### ● Vitamin D – for bone, tooth and muscle health

Vitamin D, is mainly from sunlight, but certain foods such as Vitamin D supplements. It is essential for absorbing Calcium. Vitamin D may also help maintain immunity

### ● Vitamin B12 – mood and brain health

Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement

### ● Folic acid – general and brain health

Good sources of folic acid include green vegetables, wholegrain foods and fortified breakfast cereals



### ● Iron – for energy and general health

The best source of iron is red meat. It can also be found in pulses (such as peas, beans and lentils), oily fish, eggs, bread, green vegetables, fortified breakfast cereals

### ● Vitamin C – for immunity and absorbing iron

Fruit, especially citrus fruit, green vegetables, peppers, tomatoes and potatoes are all good sources of vitamin C. We need vitamin C to absorb iron

## Stay Well Hydrated

We need plenty of fluid to maintain health and to help prevent constipation.

- Aim to drink about **6-8 glasses of water**, or other fluids, every day to stop you getting dehydrated (or more in warm weather)



## Cutting down

Cutting down on salt and added sugars – for heart health and maintaining healthy weight

- Check food labels to choose items with less salt (sodium) and added sugars

## Among adults aged 50 and older in Ireland:

**2 in 3** adults consume 1 or more daily servings of food and drinks high in fat, salt and sugar

**1 in 8** adults are deficient or low in B12

**9 in 10** adults do not have recommended 3 servings of dairy (milk, yoghurt and cheese)

**1 in 8** adults are vitamin D deficient (1 in 4 in winter)

**3 in 4** adults do not get their 5-a-day of fruit and vegetables

**1 in 7** adults are deficient or low in folate (folic acid)



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