# Healthy Eating

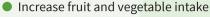


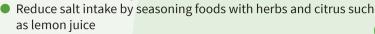
The Irish Longitudinal Study on Ageing

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





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



#### 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

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:



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

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

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

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

> in adults are deficient or low in folate (folic acid)







