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:**

<table>
<thead>
<tr>
<th>Number</th>
<th>Statistic</th>
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<tbody>
<tr>
<td>2 in 3</td>
<td>adults consume 1 or more daily servings of food and drinks high in fat, salt and sugar</td>
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<tr>
<td>1 in 8</td>
<td>adults are vitamin D deficient (1 in 4 in winter)</td>
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<tr>
<td>1 in 10</td>
<td>adults do not have recommended 3 servings of dairy (milk, yoghurt and cheese)</td>
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<tr>
<td>3 in 4</td>
<td>adults do not get their 5-a-day of fruit and vegetables</td>
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<tr>
<td>1 in 7</td>
<td>adults are deficient or low in folate (folic acid)</td>
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