

Nutrition for your Health and Wellbeing

Fun Facts and points to remember

Australian Guide to Healthy Eating for Older Australian

1. Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight
2. Enjoy a wide variety of nutritious foods from these five groups every day:
 - Plenty of vegetables, including different types and colours,
 - Fruit
 - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties,
 - Lean meats & poultry, fish, eggs, tofu, nuts, seeds, legumes / beans
 - Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat
3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

Key vitamins and minerals for older Australians

Protein

- Not eating enough, especially protein can lead to muscle loss.
- The weakness and frailty that comes with muscle loss increases the risk of falling.
- Protein requirements are higher for older people than for younger people.
- Protein rich foods should be included in each of the three main meals
- Foods that are rich in protein
 - meat, chicken (and other poultry) eggs,
 - fish and other seafood
 - milk, cheese, custard, yoghurt, nuts, peanut butter
 - seeds (sesame, pumpkin)
 - legumes (chickpeas, butter beans, baked beans etc.)
 - soy product.

Calcium

- Calcium is important for strong bones
- Loss of calcium from the bones can lead to osteoporosis.
- Try to include at least four serves of dairy foods each day or calcium rich plant based options like green leafy vegetables, calcium fortified soy / nut milks, almonds / almond butter, dried figs or dried apricots.

How to increase your calcium intake

- Have yoghurt as a side dish with meals.
- Have a smoothie made with milk and yoghurt.
- Cheese and crackers as a snack.
- Add cheese to pancakes, omelettes, casseroles, pasta, and vegetable dishes.
- Add milk / milk powder to casseroles, soups, sauces.
- Enjoy salmon and green leafy vegetables for dinner.

Vitamin D

- Vitamin D helps the absorption of calcium into the bones.
- Not having enough vitamin D results in thinner, more fragile and brittle bones.
- The best source of vitamin D is the sun, but you only need to spend a short period of time in the sunshine each day, to help your body get the vitamin D that it needs.
- People who have been advised to avoid the sun can get some vitamin D from foods eg: egg yolk, butter, margarine, milk, yoghurt, cheese, malted milk, liver, tuna, sardines.

Fluids to Prevent Dehydration

Drink Plenty of Fluids

- Most older people need a total of 6-8 cups of fluid each day.
- Fluids are more than just water - eg. juice, jelly, custard, ice-cream, soup, tea
- People who are incontinent sometimes want to limit their fluids. This is not a good idea as concentrated urine actually increases the desire to go to the toilet.

To help increase fluid intake

- Choose high fluid foods - pureed fruit, soup, jelly, custard, ice-cream, ice blocks and ice chips.
- full glass of water with medicines.
- Leave a glass of water where it can be easily seen and reached.

Fibre to prevent constipation

- Eat fibre regularly.
- Fibre and fluid work together to help prevent constipation.
- Increase fibre intake slowly over a couple of weeks to help prevent bloating and discomfort.
- Dietary fibre acts by absorbing fluid and producing a soft bulky stool.

There are 2 types of fibre – soluble or insoluble.

- Both types are important in a healthy diet.
 - Soluble fibre - softens stools.
 - Insoluble fibre - adds bulk to stools and movement through the bowel.
1. **Insoluble fibre:** whole-grain bread and cereals, wheat bran, nuts, seeds, dried fruit cabbage family vegetables.
 2. **Soluble fibre:** oats, rice, barley, psyllium, bran, legumes, fruit and vegetables.

Handy Foods to have on hand

Keep nutritious foods with longer shelf-life in your kitchen for times when you can't get to the shops.

Grains / Cereal Foods

- Rice, pasta, couscous and noodles
- Dry biscuits, crispbreads, rice / rice crackers
- Rolled oats and breakfast cereals.

Meat and Meat alternatives

- Tinned fish such as tuna, salmon or sardines.
- Tinned legumes - baked beans, lentils or chickpeas.
- Peanut butter / nut butters.
- Nuts and seeds.
- Eggs (these are best kept in the fridge).
- Freeze meat portions – chicken breast.

Fruit and Vegetables

- Tinned or frozen fruit / veg.

- Dried fruit - apricots, sultanas, prunes or dates.
- Dried vegetables - dehydrated mashed potato, lentils and dried peas and beans.
- Tinned vegetable soup.

Dairy

- Milk powder, evaporated skim milk.
- Long-life milk.
- Custard powder / UHT custard.
- Tinned rice pudding.
- Cream cheese.
- Cheese.

Quick and easy nutritious meal ideas

Lunch / Dinner

- Omelette / scrambled eggs made with cheese and grated or diced vegetables.
- Baked beans on toast served with a salad or mixed vegetables.
- Cold roast chicken, meat or tinned fish with salad and bread.
- Tinned fish on crusty bread served with salad.
- Tinned soup – try adding in cooked pasta, leftover red meat or chicken and mixed vegetables.
- Cook fish (in foil) in the oven and serve with frozen oven-baked potato chips and salad.
- Cook a jacket potato in the microwave, top with baked beans and cheese. Serve with salad.
- Mix a jar of pasta sauce with cooked pasta, cooked vegetables and top with grated cheese or tinned fish.

Snacks / Dessert

- Tinned fruit in natural juice with yoghurt, custard or ice cream.
- Stewed fruit with custard.
- Hot chocolate or Milo® made with milk.
- Fruit smoothie – combine milk, yoghurt and soft fruit (such as banana, tinned peaches or berries). Add honey to taste.
- Tinned creamed rice with diced fresh fruit.

How KinCare can help you with your nutrition

KinCare Services

Why not speak to your Customer Care Manager to arrange some KinCare

- **Shopping assistance services.**
- **Meal Prep services** – cook fresh or bulk cooking to freeze meals to have on hand.
- **Domestic Assistance services** to organise and clean your kitchen or pantry to make cooking easier.

Nursing Review or Dietitian

If you feel you might be showing signs of being at risk of low nutritional intake or malnutrition speak to your customer care manager and they can arrange a visit from a KinCare nurse to discuss your concerns and where required arrange a dietitian to come and see you.

