

# Nutrition and healthy eating

## Healthy ageing



Good nutrition and healthy eating are important throughout your life. A healthy diet can lower your risk of developing health problems. It can also help you feel more energetic and mentally well.

Here are some things you can do to have a nutritious diet and stay healthy as you age.

### Eat well

It's recommended you eat foods rich in calcium, vitamin D and protein to maintain bone and muscle strength. Fibre has many health benefits such as keeping your bowels healthy and reducing the risk of cardiovascular disease and bowel cancer. And unsaturated fats reduce the risk of heart disease and help lower cholesterol levels.

For more information, resources and references, visit [www.jh.today/nutrition-ageing](http://www.jh.today/nutrition-ageing).

### Stay hydrated

It's important to stay hydrated, especially on hot days. It is recommended that older people drink about 1.5 litres of water per day. The best choice of fluid is plain, fresh water, but you can also increase your fluid intake by drinking tea and reduced-fat milk. You can also eat fresh fruit.

If you have a health condition, such as kidney disease, you may need to drink less water. If you are unsure, talk to your doctor.

### Stock up your pantry and fridge

It's a good idea to have staple ingredients in your pantry and fridge that can be used in different ways. For example:

- eggs
- plain yoghurt (add to soups, salads and fruit)
- rice (try different varieties such as brown, red or black)
- pasta
- canned fish (e.g. sardines, tuna and salmon)
- canned legumes (e.g. chickpeas and lentils)
- canned and frozen vegetables (reduced salt)
- canned fruit (in juice, not syrup)
- low-salt sauces (e.g. soy sauce)
- vegetable oil (e.g. olive or canola oil).

Grocery shopping can be quick, easy and cheap if you know what to buy. Visit the Eat for Health website for great food shopping tips.

## Follow the Mediterranean diet

There are many health benefits associated with the Mediterranean diet. This diet includes lots of vegetables, fruit, beans, lentils and nuts. It also includes whole grains (e.g. whole-wheat bread and brown rice) plus extra virgin olive oil, fish and seafood.

Recent studies suggest the combination of foods in the Mediterranean diet help to reduce the risk of chronic diseases related to obesity (e.g. bowel cancer, heart disease and type 2 diabetes). Research also shows this diet promotes healthy ageing and increases life expectancy.

Learn more about the Mediterranean diet on the Dietitians Australia website.

## Get help with shopping

If you need help with shopping, try:

- online shopping – major supermarkets have online shopping and delivery services
- My Aged Care – if you are eligible, you can get help with meals and food preparation
- meal subscription services – order pre-prepared meals or recipes and food ingredients delivered to your door
- Meals on Wheels Australia and other council food delivery services.

## Try new recipes

You can find healthy, nutritious recipes by searching online for:

- Jean Hailes recipes
- Eat for Health healthy recipes
- Nutrition Australia recipes
- Dietitians Australia recipes.

## When to see your doctor

If you have medical conditions, it's important to talk to your doctor or a dietitian about the best diet for you.

They can also refer you to local support services if you don't feel motivated to cook and eat healthy meals.

**For more information, resources and references, visit [jeanhailes.org.au/health-a-z/healthy-ageing](https://jeanhailes.org.au/health-a-z/healthy-ageing).**



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Disclaimer: This information does not replace medical advice. If you are worried about your health, talk to your doctor or healthcare team.

We write health information for people with diverse backgrounds, experiences and identities. We use the term 'women', but we acknowledge that this term is not inclusive of all people who may use our content.

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