



This brochure has been created in conjunction with a qualified clinical nutritionist. For more menu ideas, or to simply learn more about healthy eating, visit Virginnia at Nourishing Pantry.

[www.nourishingpantry.com.au](http://www.nourishingpantry.com.au)



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**Oral Health &  
Healthy Eating  
AS WE AGE**

# Eating as we age

Your appetite and nutritional needs change as you age. A cup of tea and a couple of biscuits or slice of toast is not a meal! Stimulate your appetite by including at least one serving from the categories in this brochure every day to maintain vitality and dental health.



## PROTEIN

Adults over 50 need between .75 and 1 grams of protein per kilogram of bodyweight daily. A serving of tuna, for example, has about 40 grams of protein. Vary your sources by including meat, fish, beans, nuts, eggs, milk, cheese, and seeds.

## VEGGIES

Go for colour! Choose antioxidant-rich, dark, leafy greens like kale, spinach or broccoli, as well as orange and yellow vegetables, such as carrots. Throw in ingredients like cucumber, capsicum or lettuce and you're on your way!



## CALCIUM

Maintaining adequate calcium intake to prevent osteoporosis and bone fractures is vital. You need 1,200 mg of calcium a day, which is the equivalent of 1 glass of milk, a tub of yoghurt, a 30gm piece of cheese and ½ cup of broccoli a day. Non-dairy sources include tofu, Chinese cabbage, broccoli, almonds, and kale. Vitamin D is essential for absorbing calcium and protecting bone health. Found in fatty fish, egg yolk, and fortified milk or made by our bodies after sun exposure.

## WATCH OUT FOR HIDDEN SUGARS

Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and tomato sauce. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Reduce the amount of sugar you add to tea or coffee by switching to brown or raw sugar rather than white.

## GRAINS

Choose whole grains over processed white flour. Look for pasta, breads, and cereals that list "whole" in the ingredient list such as wholemeal pasta or buckwheat noodles.

## FRUIT

Focus on whole fruits rather than juices for more fibre and vitamins and aim for around 1 ½ to 2 servings each day. Buy something you haven't tried before each time you shop to keep it interesting. Go for fresh or frozen rather than tinned to cut down on added sugars.

## WATER

As we age, some of us are prone to dehydration and our sense of thirst may not be as sharp. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion. Drink at least 6 glasses of water per day (NOT tea or coffee). Spice it up by adding ginger, mint or lemon, or drink sparkling water or herbal teas. **Avoid acidic foods and beverages such as soft drinks, citrus fruits and citrus fruit juices to protect your tooth enamel.**

## FIBRE

Avoid constipation, lower the risk of chronic diseases, and feel fuller longer by increasing your fibre intake from foods such as raw fruits and veggies, whole-grains, and beans. Switch from white bread and pasta to wholemeal. Start the day with a high fibre cereal like oats or all bran. **Remember to drink plenty of water when increasing fibre.**

→ See insert for a customised menu and healthy meal ideas

## ENJOY GOOD FATS

Include olive oil, avocados, salmon, walnuts and flaxseed in your diet to help protect your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels. Fats also add satisfaction to a meal.

## If acid reflux or dry mouth is a problem...

- Chew sugar-free gum between meals to promote the flow of saliva.
- Moisten foods with broths, soups, sauces, gravies and creams.
- Eat soft, moist foods that are cool or at room temperature.
- Avoid salty foods, dry foods like crackers, toast or dry breads.
- Reduce consumption of dried fruit, bananas and other foods or beverages with high sugar content
- Avoid drinks containing alcohol or caffeine. Alcohol increases water loss by triggering frequent urination and also dries out the mouth. Also avoid acidic beverages, such as orange, apple, grapefruit and tomato juice

