

Healthy eating is important for people of all ages, but it changes with age. Learn what makes for good nutrition for those who are older to help maintain vitality and energy.

1 Check with your healthcare provider

It's always a good idea to check with a healthcare professional (eg doctor or dietitian) who can advise you on quantity, food suggestions, nutrients that are lacking etc.



2 Nutritional needs change

Nutritional needs change as people age. Certain nutritional elements become even more important while other vitamins and minerals may only be needed in small amounts.



3 Vitamin needs for seniors

Here are several vitamins seniors need to help keep them healthy:

B6: a deficiency can result in anemia, heart problems and loss of circulation

B12: can improve energy, balance, digestion, mental health and focus

Folic Acid: low folic acid can lead to anemia, loss of appetite, headaches, weight loss, and forgetfulness

Vitamin D: supports calcium absorption



4 Choose healthy foods

Seniors must consume the right foods to get the necessary nutrition, especially since they are likely to eat less.

Lean proteins eg meats, eggs or beans

Whole grains eg whole wheat, cereal, brown rice

Fruits & vegetables



5 Calcium needs

Calcium helps build strong bones and repairs breaks and fractures faster. A deficiency of calcium can lead to a higher risk of osteoporosis. This is particularly true with women.



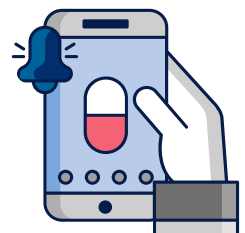
6 Avoid malnutrition

Seniors are at a higher risk for malnutrition. Some lose their appetites or some skip meals because they don't realize they're hungry. Good nutrition for those who are older can help maintain vitality and energy.



7 Use technology

Mobility, transportation, or financial changes can make accessing nutritious food a challenge. Grocery delivery services can support healthy eating.



Also consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall or emergency.

Contact Lifeline today to learn more:

1-800-LIFELINE

1-800-543-3546

www.lifeline.ca