



Eating, drinking and ageing well



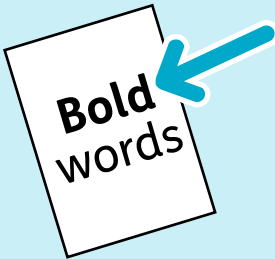
Easy Read



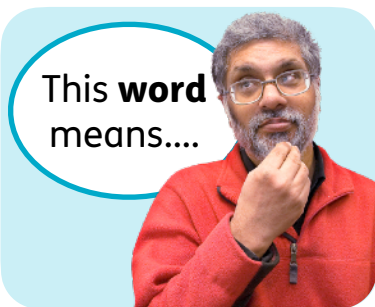
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

About this booklet	4
Enjoying your food and drink	5
Weight	6
Keeping active	7
Vitamin D.....	10
A good diet	11
Are you drinking enough?.....	19
Alcohol.....	21
Sugar and salt	22
Find out more	23

About this booklet



The Association of UK Dietitians has written this to help people over age 65 to:



- Age well.



- Eat good food.



- Drink enough.

Enjoying your food and drink



Enjoying your food and drink can help you eat well and be healthy.



You can enjoy your food more if you:

- Are involved in choosing food and drink that you like.



- Cooking and serving food.



For some people it is good to share food or have a meal with family or friends.



For other people, it helps to eat alone.

Weight



As you get older having a good weight will:

- Help you be healthy.
- Give you enough energy to spend time with others and be active.



If you are very thin, you may need some support.



If you are very overweight, losing weight may be good for your health, but you should still eat good food.



If you are slightly overweight, it may not be good to lose weight.

Keeping active



Keeping active helps to keep your muscles, bones and joints strong.



Be active

You should walk, swim or cycle for at least 150 minutes a week.



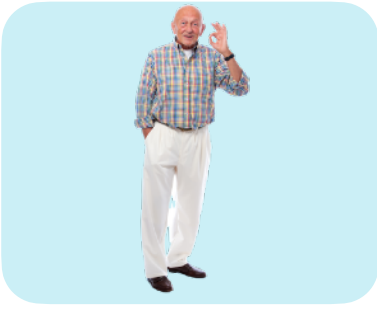
Or do harder exercise, like running or climbing stairs, for at least 75 minutes a week.



Build strength

To keep your muscles, bones and joints strong, you should go to the gym, do yoga or carry heavy bags on at least 2 days a week.

Improve balance



If you have better balance, you are less likely to have a fall.

2 days a week, you should do something like:



- Dancing.



- Playing games, like bowls or bowling.



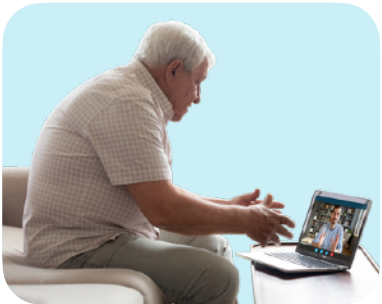
- Doing Tai Chi.

Less time sitting or lying

You should break up the amount of time that you:



- Are lying down.



- Are sitting down.

Vitamin D

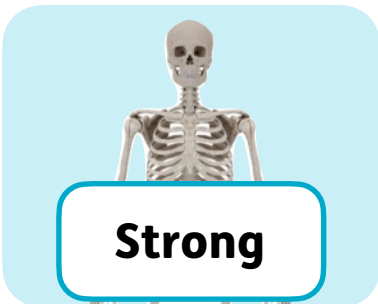


Vitamin D will:

- Keep your muscles strong.



- Make a fall less likely.



- Help to stop your bones from getting soft and maybe breaking.



You can get vitamin D from a supermarket or pharmacy.



Vitamin D3 is best for most people.

People who have a vegan diet may prefer to have vitamin D2.

A good diet

A good diet will include these things:



Protein

Protein is good for muscle strength.



You should have at least 1 portion with each meal.

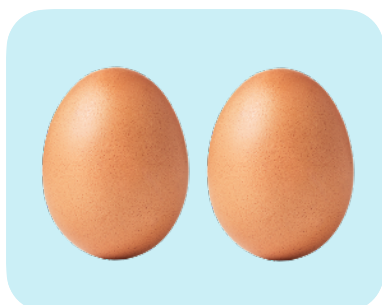


1 portion of protein is either:

- 90 grams of cooked meat or chicken.



- 140 grams of fish.



- 2 eggs.

1 portion of protein can also be:



- 100 grams of a vegetarian or vegan version of meat, like Quorn.



- 150 grams of cooked beans or lentils.



- 30 grams of nuts.



Think about having 2 or more portions of fish a week. One of these portions should be an oily fish, like mackerel.



Try not to eat too many processed meats, like sausages, ham and bacon.



Milk, yoghurt and cheese

These are good for your teeth and bones.



Have 3 portions a day.



1 portion is either:

- 200 millilitres of milk.



- 30 grams of cheese.



- 125 grams of yoghurt.



You can have a version of milk, cheese or yoghurt made from vegetables or nuts instead.



Vitamin B12

Vitamin B12 helps you have enough energy.

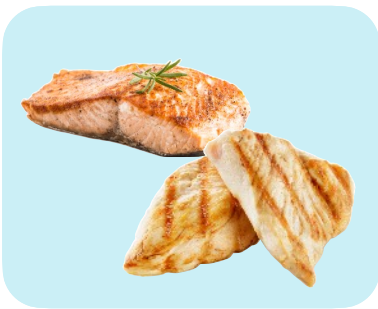


You can get Vitamin B12 from:

- Breakfast cereals.



- Marmite.



- Lean meat, chicken and fish.



- Eggs, milk, yoghurt and cheese.



Fruit and vegetables

Fruit and vegetables will give you lots of vitamins and minerals.



Have at least 5 different portions a day.



1 portion is either:

- 80 grams of fresh, frozen or canned fruit or vegetables.



- or 30 grams of dried fruit or vegetables.



Leafy greens like kale, spinach and lettuce have a lot of **folate**. This helps your body to make **blood cells**.



Blood cells are tiny parts of our blood that help our body stay healthy.



Carbohydrate

Carbohydrates provide energy, especially for the brain.

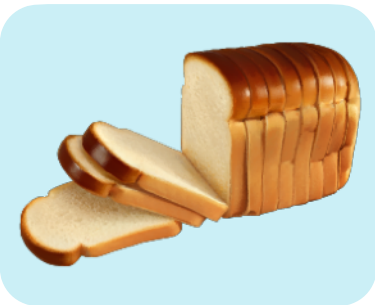


Have 1 portion of carbohydrate at each meal.



1 portion is either:

- 190 grams of cooked pasta, rice or grains.



- 80 grams of bread, chapati or roti.



- 30 grams of breakfast cereal or flour.



- 150 grams of potato, sweet potato, yam, cassava or plantain.

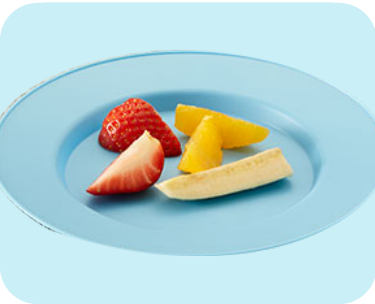


Fibre

Fibre keeps your gut working properly.

You get fibre from:

- Wholegrain carbohydrate - like wholemeal bread and brown rice.



- Fruit.



- Vegetables.



- Beans.



- Lentils.

Fat



Fats give you energy, but you should not eat too much fat.



Fats can help your body take in vitamins.



Some food has a lot of fat, like processed meat and pastries. Try not to eat too much of these foods.



Use vegetable oils and margarine, rather than butter and ghee.



Nuts and seeds are good choices.

Are you drinking enough?



Drinking enough is important as you get older.



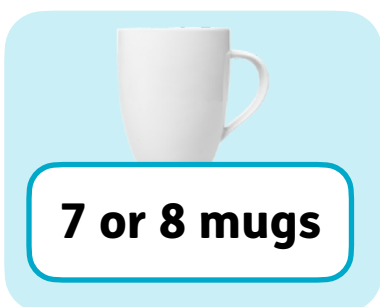
All liquids count, not just water.



Women should have at least 1600 millilitres a day. That is 3 pints.



Men should have at least 2000 millilitres a day. That is 3 and a half pints.



A mug is 250 millilitres. So you need 7 or 8 full mugs a day.

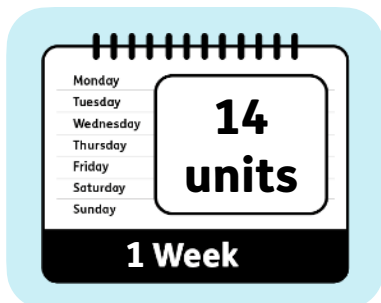


A cup is 150 millilitres. So you need 11 to 14 full cups a day.



If you are worried about drinking because you are always having to go to the toilet, you should see your doctor.

Alcohol



You should not have more than 14 units a week.



A unit is half a pint of beer. A small glass of wine is 1 and a half units.



Try some days without any alcohol.

Sugar and salt



Sugar doesn't give you anything you need to keep well.



Don't have too many sweet snacks, or sugary drinks.



Salt can make food tastier but too much can make you more likely to become ill.



Try using herbs, spices, garlic, vinegar and lemon juice instead to make your food tasty.

Find out more



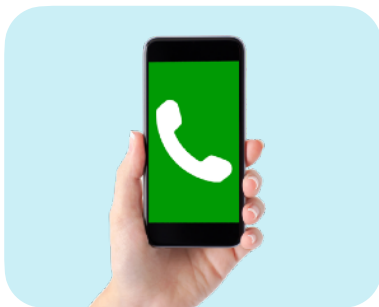
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