

# Healthy ageing, exercise & nutrition



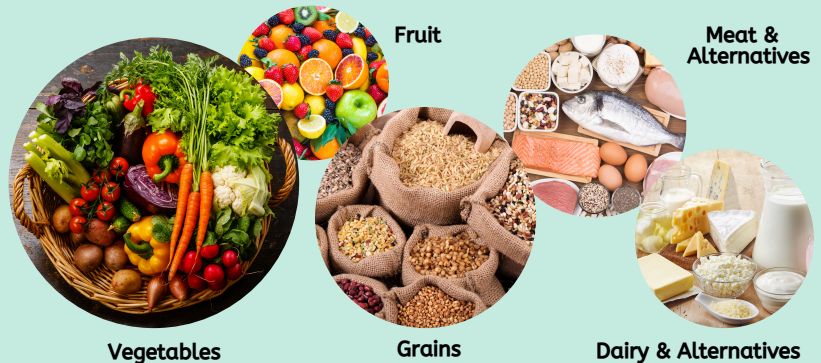
As we age, loss of muscle mass and strength are major threats to living interdependently. Regular exercise and movement to maintain and improve your strength, balance and flexibility is vital.

The old adage 'Move it or lose it' is right, and what we eat to support our exercise and overall health, including mental health, is just as important.

A healthy diet includes a wide range of nutritious foods from the 5 food groups; it includes healthy fats and is low in highly processed foods, salt, sugar, saturated and trans fats

## #keepinghealthyoptionscool

This is general information only.  
Individual nutrition advice is always recommended.



# Positive and healthy ageing



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For more information or to find an accredited dietitian go to:

- [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)
- [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)
- <https://dietitiansaustralia.org.au/smart-eating-for-you/smart-eating-fast-facts/nourishing-nutrients/why-do-we-need-calcium/>
- [www.dietitiansaustralia.org.au](http://www.dietitiansaustralia.org.au)

In addition to a well balanced and varied diet, as we age important nutrients include:

- Calcium
- Protein
- Fibre and fluid

If appetites are small make every snack and meal an opportunity for good nutrition.

## Nutritious snack ideas

- 25g nuts and a piece of fruit
- tub of natural yoghurt with berries
- small all-milk coffee or hot cocoa
- 2 vita weat with & 2tblsp nut butter
- 1/4 cup hummus & 2 vita weat
- 30g Roasted chickpeas/fava beans
- 30g cheese & wholemeal crackers
- frozen & thawed or fresh edamame beans
- chia seeds soaked in yoghurt

**Did you know that red kidney beans have more antioxidants than blueberries and nearly 3 times the fibre**