

# Food Pyramid for Older Adults

## A guide for adults aged over 65



### Foods and drinks high in fat, sugar and salt



Foods from this shelf should not be eaten every day – maximum once or twice a week



NOT every day

### Fats, spreads and oils

Foods from this shelf provide essential fats, but use these in very small amounts.



In very small amounts

### Meat, poultry, fish, eggs, beans and nuts

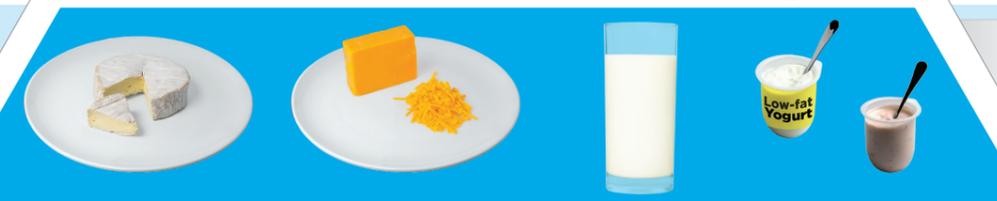
Foods from this shelf are the best sources of high-quality protein and iron, for strong muscles and healthy blood.



2-3 Servings a day

### Milk, yogurt and cheese

Dairy foods are the best sources of the calcium you need to keep your bones strong. Low-fat is best. These foods are also high in protein.



3-4 Servings a day

### Wholemeal cereals and breads, potatoes, pasta and rice

Choose high-fibre foods from this shelf to help prevent constipation.



3-5 Servings a day

### Vegetables, salad and fruit

Choose brightly coloured fruits and vegetables – they are good sources of vitamin C to help your body absorb iron.



5-7 Servings a day



#### Boost your B vitamins

B vitamins support brain function as we age. Eat plenty of fruit and vegetables, high-quality protein foods, cereals and milk with added B vitamins to ensure you are getting enough.



#### Eat enough high-quality protein in at least two meals a day

High-quality protein promotes and maintains good muscle strength as you age. Muscle loss can lead to frailty and a higher risk of falls so choose foods from the Meat (and alternatives) as well as from Milk (and alternatives).



#### Be active everyday

Small bouts of exercise for 10–15 minutes several times a day is much better than doing all your activity in one go. Strengthening exercises are also important.



#### Daily vitamin D

You need to take a 15 microgram (µg) vitamin D supplement every day of the year. A good diet and sunlight is not enough to keep your bones strong and prevent falls.