

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

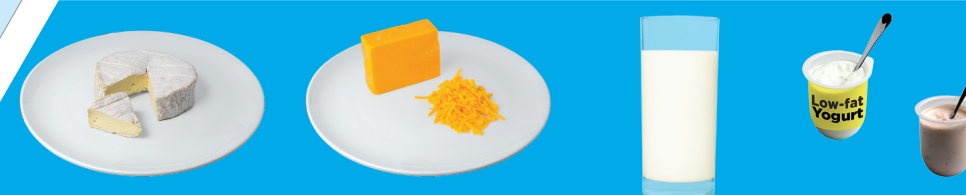
Foods from this shelf are the best sources of high-quality protein and iron, for strong muscles and healthy blood.



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.