



Healthy Eating for Older Adults



Vegetables, salad and fruit

Base your meals on plenty of foods from this food group and enjoy a variety of colours. This is the one food group where more is generally better!



Eat five or more portions every day

Eating five or more portions of fruit and vegetables a day can help prevent heart disease and some types of cancer. They are also low in calories and can help to control body weight. Fruits and vegetables are full of vitamins, minerals and fibre, and are low in fat. Fruit juice or smoothies can be counted as only one portion a day.



Stock up on fruit and vegetables

There are many varieties to choose from, including fresh, frozen, dried and tinned. Frozen and tinned can be useful to have in your freezer or store cupboard. Choose fruit tinned in juice rather than syrup (which contains lots of sugar) and vegetables in water rather than brine (which contains lots of salt).

Try to include a range of colours

When buying fruit and vegetables, try to include a range of colours (think of a rainbow) as the different coloured options contain different vitamins.



Get the fibre your body needs from fruit and vegetables

Getting enough fibre is important for older adults for the maintenance of normal bowel function and the prevention of constipation. Vegetables, salads and fruits are a great source of fibre.



Choose foods and drinks rich in vitamin C

Foods and drinks rich in vitamin C help the body absorb iron. Have some fruit or vegetables or a glass of orange juice with meals or with iron-rich foods like fortified breakfast cereal. Fruit, especially citrus fruit, green vegetables, peppers, tomatoes and potatoes are all good sources of vitamin C.





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Aim to have five to seven servings from this shelf every day



What is a serving?

Each of these examples shows **one serving** from the vegetables, salad and fruit shelf



1 medium apple



1 medium orange



1 medium pear



1 medium banana



6 strawberries



10 grapes



16 raspberries



100g tinned fruit



2 mandarin oranges



2 plums



2 kiwis



40g dried fruit



$\frac{1}{2}$ cup cooked vegetables – fresh or frozen



1 bowl salad – for example lettuce, tomato, cucumber



1 bowl homemade vegetable soup



150ml unsweetened fruit juice