



# Healthy Eating for Older Adults



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

Starchy foods such as wholemeal bread, wholegrain and high-fibre cereals, rice, potatoes and pasta are a great source of energy, fibre and B vitamins and should be used as the basis for meals.



### Choose high fibre

Choose higher-fibre, wholegrain varieties such as whole wheat pasta, brown rice, or simply leave the skins on potatoes.



### Start each day with a healthy breakfast

Breakfast cereals are a great way to start the day – porridge oats are one of the best. Choose fortified breakfast cereals as they are an excellent source of B vitamins and iron.

Older adults can become deficient in B vitamins and iron which can affect your cognitive function. Foods fortified with B vitamins and iron help maintain your brain function as you age.



### Fibre is important for gut health

The fibre from these foods helps to prevent constipation. This reduces the risk of some common gut disorders. Remember to increase the amount of fibre-rich foods slowly – otherwise you may have some discomfort, wind and bloating. Fibre absorbs water like a sponge, so make sure you drink more water as you increase your fibre intake.



### Avoid raw bran sprinkled on your food

Raw bran sprinkled on your food interferes with your ability to absorb iron, calcium and other valuable nutrients from your food.





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



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



### What is a serving?

Each of these examples shows **one serving** from the wholemeal cereals and breads, potatoes, pasta and rice shelf



**½ cup** dry porridge oats



**½ cup** unsweetened muesli



**1 cup** flaked type breakfast cereal

### Serving guide



Use a 200ml cup to guide serving size for cereals, cooked rice and pasta.



**2 thin slices** wholemeal bread



**1½ slices** wholemeal soda bread



**1** pitta pocket



**2 medium** potatoes



**4 small** potatoes



**1 cup** plantain



**1 cup** yam



**1 cup** cooked rice



**1 cup** pasta



**1 cup** noodles



**1 cup** cous cous