

HEALTHY AGED LIVING

NUTRITION TIPS FOR VISITORS

Eating a healthy, balanced diet is an important part of maintaining good health, and meeting essential nutrient targets, particularly as you age. Good healthy food doesn't have to be hard, grab a bag of fruit, nuts and yoghurt as a healthy snack to take to your loved ones when visiting the aged care home.

Vitamin and minerals deficiencies are common in older people as they may eat less, have digestion issues or nutrient deficits due to illness or medications. Therefore, every meal is an opportunity to replenish and restore nutrients to the body.

BRING FOODS CONTAINING LOTS OF FRUIT, VEGETABLES, PROTEIN AND DAIRY

Use stronger flavours (herbs & spices) instead of salt, as older people can have diminished taste abilities.

Different types of protein: meats, fish, eggs, dairy, lentils, nuts and legumes. Try recipes containing these foods, for example flavoursome meatballs with lentils and nuts. Power packed with protein & nutrients! (Recipe below)

TIPS

IF YOU'RE RUNNING SHORT ON PREP TIME, GRAB A BAG OF NUTS & SEEDS, FRUIT, UNSWEETENED YOGHURT OR CHEESE TO BRING IN TO RESIDENTS. INSTEAD OF BISCUITS, CAKES AND CRACKERS. THESE FOODS HAVE MORE PROTEIN AND VALUABLE NUTRIENTS.

POWER PACKED NUTRIENT MEATBALL RECIPE

- 250g pork mince (could also use tuna or beef or chicken mince)
- Handful macadamia nuts (crushed)
- 1 tin of Cannellini beans or lentils (blended to paste)
- 1 egg
- 1/3 cup flour (your choice)
- 1 tbsp curry powder
- 1 tsp cumin powder
- 1 tsp each onion and garlic powder

Mix all ingredients together in bowl, roll into small balls, fry in olive oil on low heat then cool and place on platter. You can even make a homemade avocado, cottage cheese and chilli dip to take along with it. (Dip recipe- smash together 1 avocado, 1 tub cottage cheese, 1 tbsp chilli flakes, 1 tbsp olive oil. Mix and put into bowl)



Replace saturated fats such as fried foods, crisps, pastries and biscuits with monounsaturated fats found in *olive oil, nuts, seeds, fish and avocados*.

Although we need some fat in our diet, too much saturated and trans fats can lead to high cholesterol and increased risk of heart disease and stroke. High salt content can lead to high blood pressure

CUT OUT THE SATURATED FAT, SALT & SUGAR

