

Topic of the month:

Healthy Meal Planning

Why You Need to Eat Well

Malnutrition in older adults can lead to various health concerns, including:

- A weak immune system
- Poor wound healing
- Muscle weakness and decreased bone mass
- A higher risk of hospitalization
- An increased risk of death

Prevent Malnutrition with Better Meal Planning

Older adults are at risk of inadequate nutrition (malnutrition). Use the healthy plate model to plan your meal.



Healthy plate model

FRUITS/GRAINS & STARCHES

This is your source of energy.

Choose whole grain breads and cereals, rice, noodles, or potatoes. Fruit choices like apples, oranges, peaches

VEGETABLES

These are very high in nutrients and low in calories.

Choose dark green, bright yellow and orange vegetables. e.g. spinach, broccoli, carrots, squash.

MEAT & ALTERNATIVES

Good sources of protein, iron and B, vitamins that are key for keeping your muscles strong and your immune system healthy. e.g. fish, lean meats, eggs, nuts, beans, lentils, tofu

FATS

Include a small amount (30-45 mL or 2-3 tbsp) of unsaturated fats each day e.g. canola, olive or soy oils and non-hydrogenated margarine

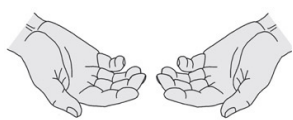
MILK & ALTERNATIVES

A source of calcium and vitamin D, important for keeping your bones healthy. Choose lower fat milk products. (e.g. 1% or 2% milk, or fortified soy beverage)

HANDY PORTION GUIDE



Choose an amount the size of your fist for each of Grains and Starches, and Fruit.



Choose as much as you can hold in both hands.



Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



Limit fat to an amount the size of the tip of your thumb.



Drink up to 250 mL (8 oz) of low-fat milk with a meal.