

Nutrition guidelines for the elderly ?.(Aim for at least 30 minutes of moderate intensity physical activity,\* such as walking, every day.)Eat a wide variety of foods from the five food groups: plenty of colourful vegetables, legumes/beans; fruit; grain (cereal) foods, mostly wholegrain and high fibre varieties; lean meats and poultry, fish, eggs, tofu, nuts and seeds; milk, yoghurt, cheese or their alternatives, mostly reduced fat.Limit foods high in saturated fat, such as biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.Swap butter, cream, cooking margarine, coconut and palm oil with unsaturated fats from oils, spreads, nut butters and pastes, and avocado.Limit foods and drinks containing added sugars, such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.Replace high fat foods containing mostly saturated fat with foods containing mostly polyunsaturated and monounsaturated fats.Drink plenty of water – six to eight cups of fluid per day.Limit foods and drinks .containing added salt, and don't add salt to foods in cooking or at the table.....Limit alcohol