



Eat Well, Live Well For a Lifetime!

Healthy Eating and Active Living
Lead to Successful Aging



Practical Ideas and Easy Recipes
in 8 Fact Sheets and A Quiz

Brought to you by the
Dietitians of Canada

Visit us at
www.dietitians.ca/eatwell

Live Better, Longer!



A variety of nutritious foods and physical activity every day help us stay energized and healthy to fully enjoy life after 65.

Getting Older, and Better!

Older adults make up one of the fastest growing groups in our society. In 1995, one person in eight was aged 65 and older, and this proportion will double by year 2014.

One reason for this increase is the fact that life expectancy is getting better all the time. Today, an average 65 year-old Canadian can expect to live another 20 years. Just think of all the life there is to live in 20 years!

Senior Years Should Be Quality Years

The large majority of older adults live at home, often with, or close to their children. Family members can provide help with personal chores, but friends and neighbours are important too.

Most older adults report that their health is relatively good. Many, however, have a chronic health condition, such as arthritis or diabetes, and take some form of medication. In addition, most Canadians become less active as they get older.

Here's Some *Active Reading Material*

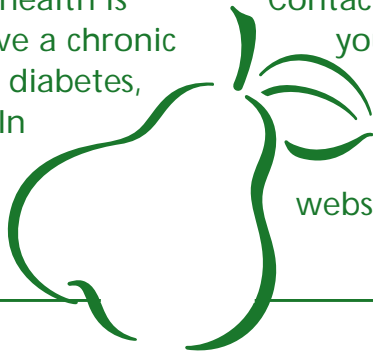
This brochure will help you take action on healthy eating and active living. Each page covers a different aspect of successful aging.

Post them on your fridge, bring them to the grocery store, photocopy them for your friends: these pages are meant to be used! Get going immediately with the quiz on page 3 and see how you score.

Food and Nutrition Questions? Talk to a Dietitian!

You owe it to yourself to receive the best possible advice on healthy eating. Get the facts from a source you trust: ask a Registered Dietitian.

Contact a dietitian in your region through your local health department, the yellow pages, a community hospital, in private practice (at 1-888-901-7776) or through the Dietitians of Canada website: www.dietitians.ca



When you think of healthy aging, think of *LIFE*:

- | | |
|----------------------|---|
| L ifestyle | Adopt a healthy lifestyle as you age to look and feel your best. |
| I ndependence | Nutrition can help prevent disease and maintain your independence. |
| F ood | Variety in your food choices adds fun, plus nutrients to your eating. |
| E nergy | Healthy eating gives you energy so you can live your life to the fullest. |

Measure Your Nutrition and Vitality Score



Healthy eating and active living are essential for maintaining a good energy level and may offer protection from disease. Your everyday choices make a difference. Are you heading for successful aging?

- 1 Read each statement carefully.
- 2 Allow yourself :
 - 2 points, if the statement describes what you do **everyday**;
 - 1 point, if the statement describes what you do **sometimes**;
 - 0 point, if the statement **never** applies to you.
- 3 When you are done, total your score.

	Your points:
❶ I have a variety of foods at each meal.....	_____
❷ When I choose fruit and vegetables, I look for the most colourful ones.....	_____
❸ I eat good sources of fibre such as whole grain products.....	_____
❹ I include milk products (milk, cheese, yogurt) in my meals and snacks.....	_____
❺ I make sure I have a source of protein (i.e. meat, fish, poultry, eggs, nuts, legumes) at least twice a day.....	_____
❻ I include enjoyable physical activities in my routine.....	_____
❼ I eat at least two meals in a day.....	_____
❽ I have a moderate intake of fat.....	_____
❾ I eat my meals and snacks in good company.....	_____
❿ I make sure the food I eat is fresh and safe.....	_____
Total:	_____



If your total score is:

0-8 **You deserve better.** Your eating and lifestyle habits may put you at risk of developing health problems. See a dietitian in your region for guidance: you're worth it!

9-15 **Your habits could be improved for more vitality and energy.** Read this brochure for tips on how to use nutrition to help you live life to the fullest.



16 or more **Very good!** You know that healthy habits make a big difference in your quality of life. Share this approach with loved ones.

Feel Good Today and Every Day

Food is a great source of nutrition, energy and pleasure at any age. Experiment with new foods as different flavours and textures add enjoyment to your routine. Choose a variety of foods with the best nutritional value at every meal. A varied diet will stimulate your appetite, give you energy, and provide all the nutrients you need to maintain your vitality.

Food Choices for Successful Aging

Canada's Food Guide to Healthy Eating is a great partner for making everyday revitalizing choices in all four food groups:

Eat whole- or enriched grain products such as bran cereals, whole wheat pasta and multigrain bread to feel energized. Aim for 5 to 12 servings a day.

Include vegetables and fruit at meals and snacks, for a total of 5 to 10 servings daily. Choose dark green, bright yellow, and orange vegetables and fruit. They are rich in essential vitamins, such as beta-carotene, folate and vitamin C.

Make sure you have 2 to 4 servings of milk products everyday, a worthy investment at all ages. They provide you with precious calcium and vitamin D.

Include 2 to 3 servings of lean meat, poultry or fish, or meat alternates such as legumes or eggs, everyday. The proteins they contain are key for good muscle tone and immunity.

Looking for quick and easy menu ideas? Here is a tasty recipe using foods commonly on hand.



Vegetable Frittata

Serves 2 Preparation: 5 min Cooking: 10 min

- 2 cups (500 mL) fresh or frozen mixed vegetables, cut bite-size
- 3 eggs
- 1/4 tsp (1 mL) each, salt and dried basil
- To taste, pepper
- 1 tbsp (15 mL) vegetable oil
- 1 small onion, sliced



In saucepan, bring 2 cups (500 mL) water to boil. Add vegetables and cover. When water returns to boil, drain vegetables. Beat eggs with salt, basil and pepper. Heat oil in a non-stick skillet over medium heat. Add onion and sauté for 3 min. Add vegetables and sauté until hot. Pour eggs over. Reduce heat to medium-low. Cover and cook until set. Serve with a multigrain roll and some fruit and yogurt for dessert.

Per serving of frittata:

300 Calories; 15 g protein; 15 g fat; 29 g carbohydrate; 9 g fibre.



Get your free copy of **Canada's Food Guide to Healthy Eating**.

Ask for it at your local health unit or download it from: www.hc-sc.gc.ca/hppb/nutrition/resources.htm

Protect Your Inner Structure

Life Is Hard on Your Bones...

When we reach 35 years of age, our skeleton starts to lose some of its calcium. Although this is normal, this loss could become a major problem if you don't take action. Start now! Here are easy ways for keeping your bones strong and healthy.

Make sure you get calcium every day. Three servings of milk products, plus what you get in other foods, meet your calcium needs. One serving is equivalent to 1 cup (250 mL) milk, 2 oz (50 g) cheese or 3/4 cup (175 g) yogurt. You could also choose to *eat* your milk in soups, puddings, milk sauce, etc. Add powdered milk to favourite recipes for extra texture and calcium. Other calcium sources

include canned fish with bones and, to a lesser extent, legumes, broccoli, almonds, and enriched bread.

Do not forget vitamin D. This vitamin increases the absorption of calcium and its "deposit" in bones. Food sources of vitamin D are very few so Health Canada has made vitamin D fortification mandatory in milks (fluid, evaporated, powdered).

Include physical activity in your daily plan. Physical activity stimulates bone renewal and tones your muscles. Try light and enjoyable activities such as walking, gardening, dancing, golf, and table tennis.

Try this calcium-rich recipe for a tasty change. Just serve after a bowl of vegetable soup for a light meal.



Apple-Cheddar Bread Pudding

Serves 4 Preparation: 15 min Baking: 40 min

- 4 slices whole wheat enriched bread, cut in squares
- 1/4 cup (50 mL) raisins
- 2 apples, cored, coarsely chopped
- 3/4 cup (200 mL) grated cheddar cheese
- 2 eggs
- 1/2 cup (125 mL) milk
- 1/4 cup (50 mL) maple syrup
- 1/4 tsp (1 mL) cinnamon



Preheat oven to 350°F (180°C). Combine bread with raisins, apples and cheese. Put in a greased 5 x 9 in (13 x 23 cm) glass loaf dish. Beat eggs with milk, syrup and cinnamon. Stir into bread mixture. Bake, uncovered, 40 min or until knife inserted in centre comes out clean. If top browns too quickly, cover loosely with foil. Serve warm.

Per serving:

330 Calories; 13 g protein; 13 g fat; 43 g carbohydrate; 5 g fibre; 280 mg calcium.



Get your free copy of **Canada's Physical Activity Guide to Healthy Active Living.**

Contact your local health unit or download it from www.paguide.com

Fibre: Not Only for Regularity

Fibre in food absorbs water in your stomach and intestines for an efficient and easy transit, at any age. Goodbye constipation!

Thanks to this sweeping effect of fibre, the risk of colon cancer may be reduced. This is especially true for insoluble fibres, which are found in whole wheat, bran and most vegetables. Soluble fibres, found in fruit, legumes, and in the bran of oat and rice, act as sponges and may help control blood glucose and reduce blood cholesterol levels.

Increase fibre **gradually** to avoid discomfort. Remember to drink plenty of liquids as fibre and water work together.

More Is Needed

Canadians have an average intake of 15 g of fibre a day while Health Canada recommends up to 25-35 g per day. A minimum of 5 daily servings of fruit and vegetables, plus 5 servings of whole grain

products, can get you closer to this goal!



Breakfast and snacks are great opportunities for increasing fibre intake. Try a new kind of whole grain bread or add fresh or dried fruit to your favourite cereals.

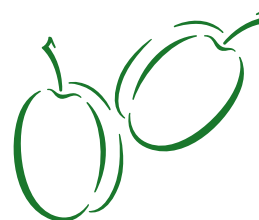
One good snack is a fruity bran muffin and a glass of milk.



Fruity Bran Muffins

Makes 12 Preparation: 15 min Baking: 25-30 min

- 2 1/2 cups (625 mL) all purpose flour
- 2 1/2 cups (625 mL) 100% bran cereal
- 1 cup (250 mL) packed brown sugar
- 1/2 cup (125 mL) chopped dates or dried apricots, or raisins
- 2 tsp (10 mL) baking soda
- 2 tsp (10 mL) cinnamon
- 2 cups (500 mL) buttermilk
(or milk mixed with 2 tsp/10 mL vinegar)
- 1/2 cup (125 mL) vegetable oil
- 2 eggs



Preheat oven to 375°F (190°C). Grease 12 large muffin tins or line with paper baking cups. Combine flour, cereal, sugar, fruit, soda and cinnamon in a bowl. Mix together buttermilk, oil and eggs in a separate bowl. Stir into dry ingredients, until moistened. Spoon batter into muffin cups. Bake 25-30 min or until golden brown. Cool in pans 5 min; remove muffins and cool on a wire rack.

Per serving:

313 Calories; 7 g protein; 11 g fat; 53 g carbohydrate; 6 g fibre.

Looking More Closely at Fat



Interest in nutrition is at an all time high among older Canadians. Nutrition ranks second after taste when consumers are making food choices. Fat adds lots of flavour and taste but remains the number one concern when consumers are looking for ways to improve their eating habits.

Why Be Moderate with Fat?

Eating too much fat may increase your risk for heart disease and stroke. Having a lower fat diet might also reduce your risk of developing some cancers, such as breast, colon and prostate cancer. If your weight is a concern, reducing your intake of fatty foods means you can still have a full plate, but with less calories.



Try to eat more fruit, vegetables, legumes, and grain products daily. This approach can help you to reduce your fat consumption while satisfying your appetite. These foods are also packed with essential vitamins, minerals and fibre, which may help to lower blood cholesterol, control blood sugar, and reduce your cancer risks.

How Much Fat?

Health Canada recommends a diet that provides 30% of calories from fat. This amount allows for a healthy eating pattern with foods from all food groups. Focus on lowering the overall fat from your daily meals and snacks but don't use it as your only measure of healthy eating.

Try to prepare food without adding fat: experiment with an exciting salsa or mustard, a savoury broth, fragrant herbs and spices. Grilling, roasting, braising and poaching also allow you to savour a variety of food while still managing your fat intake.

Managing Fat Moderation

Some fat is essential in your eating as it helps with various body functions. While you should eat lower fat foods more often, don't become preoccupied with foods labelled "low-fat" or "no-fat". Look to see what nutrients they are providing. It is possible to include some higher fat foods in our daily eating and still be assured of good health. Don't feel guilty if you make higher fat choices occasionally.



Healthy and on the Move

Active living promotes heart health, weight control, as well as reduces your risk of cancer and osteoporosis. Get going now! Enjoy daily exercise by bringing your grandchildren to the park or taking a walk with a friend. Leave the car at home for a change. Be creative and take every opportunity to be good to yourself!



For a Fresh and Safe Diet

Make sure you benefit the most from your meals by preserving the freshness of every ingredient. It is essential to prevent spoilage as food poisoning can seriously undermine your health. Fortunately, keeping food safe is easy with a few simple precautions.

Shopping for Freshness

- When planning meals, keep in mind your food supplies and leftovers.
- Look for "Best Before Dates" on perishables and pick the latest date possible.
- Choose small sizes and individual portions to avoid waste.
- When you're done grocery shopping, head straight home and refrigerate perishables.

Preparing Food Safely

- Wash vegetables and fruit before eating them.
- Keep your hands and work surfaces clean.

- Thaw meat, poultry and fish in the fridge or microwave and cook thoroughly.
- Thoroughly wash utensils and cutting boards used for raw meat, poultry or fish.
- Avoid contact between cooked food and raw meat, poultry or fish.
- As a golden rule, keep cold foods cold and hot foods hot until mealtime.

As for Storage

- Keep all perishables, well wrapped, in the fridge.
- Place refrigerated or frozen leftovers within reach so you don't forget them.

- Use sturdy airtight containers and wraps for freezing foods. Label with date and contents.
- Throw away leaky or dented cans and glass jars that don't "pop" when opened for the first time.
- Completely discard jams, syrups, cheeses and yogurts that show even traces of mould.



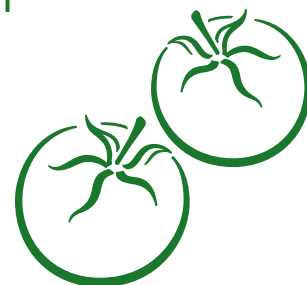
Handling chicken safely is easy and yields tasty results! Wash your hands with soap before and after making this quick and savoury recipe.



Chili Chicken Bake

Serves 4 Preparation: 10 min Baking: 15-20 min

- 1, 10-oz (284 mL) can fiesta or home-style condensed tomato soup
- 1 green pepper, cubed
- 1 onion, thinly sliced
- To taste, chili powder
- 4 skinless boneless chicken half-breasts
- 2 tbsp (30 mL) freshly chopped parsley or cilantro



Preheat oven to 350°F (180°C). Combine condensed soup, vegetables and chili powder (if using) in ovenproof dish. Place chicken on top. Baste a little sauce over chicken. Sprinkle with herbs. Bake 15-20 min. Refrigerate any leftovers without delay.

Per serving:

205 Calories; 29 g protein; 3 g fat; 15 g carbohydrate.

Quick and Easy Meal Solutions

Does your busy schedule sometimes rob you of your food shopping time? Or, is bad weather or a health problem keeping you in for a few days? Here are suggestions of foods to keep on hand so you can always have a tasty and nutritious meal.

Nutritious Pantry Basics

- Canned salmon or tuna packed in water, for sandwiches or pasta dishes.
- Canned legumes (chickpeas, kidney beans, lentils, etc). Great in soups and salads.
- Canned fruit, packed in fruit juice, for a quick dessert or fruit shake.
- Peanut butter, mixed nuts, dried fruit.
- Ready-made pasta sauces.
- Pasta, rice, kasha, couscous, and other tasty grains.
- Breakfast cereals and cereal bars.



- Bread sticks, whole wheat crackers and pancake mix.
- Skim milk powder, evaporated and UHT milk, which has a long shelf life.

Nutritious Refrigerator Basics

- Eggs.
- Milk, cheese and yogurt.
- Ready-to-eat vegetables.
- Fruit, to use in salads and sandwiches, and as a refreshing snack.

Nutritious Freezer Basics

- Frozen fruit juice concentrates.
- Frozen vegetables and berries for vitamins and variety, in the portion size you need.
- Whole grain sliced bread, bagels and pitas. Just pop them in the toaster and enjoy.
- Frozen meals and stuffed pasta, such as ravioli or tortellini, for a hot meal in a few minutes.

Here's a delicious idea to add to your quick and easy recipe collection.



Mediterranean Linguine

Serves 2-3 Preparation: 5 min Cooking: 10 min

- 5 oz (150 g) dry linguine or spaghetti
- 1 1/2 cup (375 mL) frozen mixed vegetables italian-style
- 1, 6 1/2 oz (170 g) can tuna packed in water, drained
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) grated parmesan cheese
- To taste, salt and pepper

Cook pasta in boiling water for 6 min. Add vegetables and boil 2 more min. Drain quickly, keeping some moisture in pasta, then return to saucepan. Mix in tuna, olive oil and cheese. Season to taste. Serve immediately.

Per serving:

500 Calories; 29 g protein; 16 g fat; 60 g carbohydrate; 7 g fibre.

What about Supplements?

A well balanced diet is the best way to get the nutrients you need to stay healthy. Besides, food tastes a whole lot better than supplements! However, there are times when it is not easy to get the right amount of nutrients for successful aging. Surveys have shown that many older adults do not get enough vitamins, such as D, B₁₂ and folate. Calcium and iron intake also need to be watched.

When Life Gets in the Way...

Busy lives and unexpected events can change our plans and eating habits. Eating three nutritious meals a day is not always easy. Temporary lack of appetite, stress, or illness can also increase the risk of nutritional deficiencies.

Essential nutrients work together in your body. This is why they need to come in the right balance, in your food as well as in supplements.

If you think you might need a supplement, consult your doctor and see a dietitian for a personalized nutritional evaluation. These professionals will guide you in optimizing your diet and adapt advice to your personal needs and lifestyle. They will also help you recognize false nutrition advice or propaganda.

Remember, a supplement is just that...it doesn't replace healthy eating.

Meals to Drink

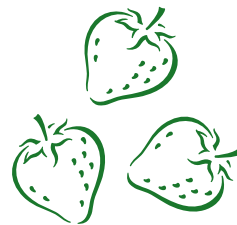
Liquid supplements can be a healthy alternative in some situations. They can give you that extra energy, plus convenience. As an occasional meal replacement or as a healthy and nutritious snack, supplement drinks are one option for active seniors on the go. You can also make your own.



Quick Pick-Up Drink

Serves 1 Preparation: 7 min

- 1/3 cup (75 mL) plain yogurt
- 1/4 cup (50 mL) milk
- 1 tbsp (15 mL) wheat germ
- 1 tbsp (15 mL) strawberry jam
- 1 small fresh peach, peel and stone removed (or 2 canned peach halves, drained)



Whip yogurt, milk, wheat germ and jam together in blender until blended. Let stand for 2-3 min, until wheat germ softens. Add fruit and whip until smooth. Serve in a tall glass.

This drink can be kept in an insulated bottle (Thermos, for example) for a few hours. Bring it with you!

Per serving:

190 Calories; 9 g protein; 3 g fat; 35 g carbohydrate; 3 g fibre.

When Food and Medication Interact

Some drugs can interfere with the absorption of important nutrients. On the other hand, what you eat can influence the effectiveness of certain drugs. If you take a medication, talk to a health professional – your doctor, pharmacist or dietitian – about possible drug-nutrient interactions. Also, learn about how and when the medication should be taken.

The Best Time to Take Your Medication

Ask your pharmacist about when to take your medication.

And while you're at the pharmacy, get an information sheet highlighting your medication's properties, side effects, and food interactions.

If you are required to take your medication on an empty stomach, take it at least 1 hour before eating or 2 to 3 hours after your meal, for increased effectiveness.

Certain drugs work better during digestion and must be taken with meals. Other pills, anti-inflammatory drugs for example, should also be taken with food as this helps prevent stomach irritation. If you skip a meal and your medication must be taken with food, make sure to have it with a light snack.

How to Take Your Medication

Drinking water with medication is always recommended. Some fruit or vegetable juices are also acceptable; check with your pharmacist to prevent possible adverse reactions, particularly with grapefruit juice. In addition, avoid taking your medication with tea, coffee, and other hot beverages since these can alter the effect of certain drugs.



Watch Your Nutrition

Talk to your dietitian about how nutrients could be affected by the medication you take. Here are some examples:

- Some drugs for high blood pressure can increase your need for potassium. Potassium is found in many fruit and vegetables, such as bananas, oranges, tomatoes and potatoes, and in milk products.
- Some medications for stomach ulcers interfere with vitamin B₁₂ absorption and may cause a form of anemia. If you have to take this type of medication for a prolonged period of time, ask your physician or dietitian about B₁₂ supplements.
- Cortisone can accelerate bone loss and, thus, increases your calcium and vitamin D requirements.



Healthy eating is essential to your well-being, so don't miss out. Your dietitian will help adjust your diet to your medication.

Dietitians provide sound advice based on *your* personal needs and lifestyle.



Healthy Living for Successful Aging

Healthy living can stretch your youthfulness well into your golden years.

- Eat well and enjoy a variety of foods.
- Be physically active regularly and have fun.
- Be active in your community, reach out and get involved.
- Welcome change in your life and celebrate your wisdom.

Take care of yourself now to feel good today, tomorrow, and for years to come.

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