

DIET AND NUTRITION TIPS OLDER ADULTS

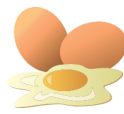
PROTEIN FOODS



CHICKEN & TURKEY



FISH



EGGS



BEEF/STEAK



COTTAGE CHEESE



BEANS & LENTILS



GREEK YOGURT



PROTEIN DRINK/SUPPLEMENT



PLANT BASED (TOFU)

- Long lasting energy
- Muscle, bone, and immune health
- Key nutrients (eg. iron & B12)

CARBOHYDRATE FOODS



BANANAS



APPLES



POTATOES/SWEET POTATOES



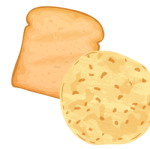
BERRIES



BEANS & LENTILS



OATMEAL



BREAD & WRAPS



RICE & PASTA



APPLE SAUCE

- Immediate energy
- Fibre for digestion and blood sugars
- Key nutrients (eg. A, B and C vitamins)

FAT FOODS



NUT BUTTER



CHIA SEEDS,
FLAX & HEMP
HEARTS



HUMMUS



NUTS & SEEDS (ALMONDS,
PEANUTS, PUMPKIN SEEDS,
OTHERS)



AVOCADO



CHEESE



COCONUT



OIL & BUTTER



DARK CHOCOLATE

- Hormone, brain, and heart health
- Absorb fat-soluble vitamins and minerals (A,D,E & K)
- Energy and nutrient dense

ENERGY DENSE FOODS



SMOOTHIES & MILKSHAKES



CRACKERS & CHEESE



HIGHER FAT GREEK YOGURT
OR COTTAGE CHEESE



SWEETS AND DESSERTS



AVOCADO OR NUTS



PEANUT (NUT) BUTTER TOAST

- Energy (calorie dense)
- Low volume to support low appetite
- Palatable for taste satisfaction

*the graphics offer only a few examples of protein, carbs, and fat sources

**the notes include only a few of the benefits of enjoying these food sources



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WHAT TO DO WHEN APPETITE IS LOW?

It can be difficult to eat when appetite is low due to aging and changes in activity and digestion! But remembering your body still needs nourishment is important. Here are a few tips to support nutrient needs with low appetite:

- **Eat at regular meal and snack times** - this helps your body get into routine and start to respond when the meal time comes around
- **Smaller portions of nutrient dense foods** - add foods that are higher in calories to boost the energy content of the meal
 - Add avocado for healthy fats
 - Peanut butter/nuts and seeds
 - Finely chopped meats and cheese for added protein
 - Olive oil
 - Higher fat Greek yogurt or dairy products
- **Have easy to access snacks on hand that are more calorically dense and lower in “volume”**
 - Nuts and seeds
 - Cheese and crackers
 - Full fat cottage cheese or yogurt
 - Fruit
- **Try having milkshakes or smoothies** with fruit, full fat yogurt or milk, and nut butters!

Prioritizing small, frequent meals and snacks with each of the food groups in mind (protein, carbs and fats) is a sound way to ensure your body is getting the nutrition it needs (while enjoying a variety of foods) to keep you healthy and strong.

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