

EAT WELL TO AGE WELL

Québec 

What does “eating well” mean?

- 1 • Eating a variety of foods every day to be healthier and less prone to illness.
• Eating enough to have energy to move and do your daily activities.

2 Follow the recommendations of Canada’s Food Guide

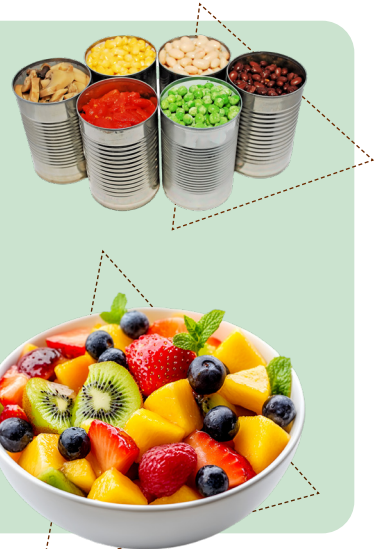
- **Make half ($\frac{1}{2}$)** your plate fruit and vegetables.
- **Make one-quarter ($\frac{1}{4}$)** of your plate protein foods (lentils, tofu, yogurt, fish, eggs, poultry, lean meat...).
- **Make one-quarter ($\frac{1}{4}$)** of your plate whole-grain foods (bread, pasta, rice, barley, quinoa...).



3 Fruit and vegetables

- Eat a variety of **fruit and vegetables every day**, whether fresh, frozen or canned (rinse if canned). Frozen and canned foods are often cheaper than fresh food.

Good to know: They have vitamins (A, B, C, K, folic acid) and minerals (magnesium, potassium, calcium, iron) that your body needs.



4 Protein

- **Eat protein at every meal**, such as:
 - ▶ dairy products (milk, yogurt, cheese...)
 - ▶ meat alternatives (eggs, tofu, lentils, dried beans...)
 - ▶ nuts (walnuts, almonds...) and seeds (sunflower, sesame...)
 - ▶ fish, poultry and meat



5 Water

- **Mainly drink water.**
- Drink often, because as we age, we feel less thirsty.



Calcium

- **Eat food containing a lot of calcium at least three times a day**, such as:

- ▶ milk, yogurt and cheese
- ▶ fortified plant-based beverages (soy, oat, almond...) or fortified orange juice
- ▶ green vegetables (broccoli, kale, spinach, arugula)
- ▶ fish with edible soft bones (salmon, canned sardines...)
- ▶ tofu, pulses (lentils, beans...) and almonds



Vitamine D

- **Eat food rich in vitamin D**, such as:

- ▶ fatty fish (salmon, mackerel, sardines...)
- ▶ milk, fortified plant-based beverages (soy, oat, almond...), or fortified orange juice
- ▶ certain yogurts, eggs, and margarine



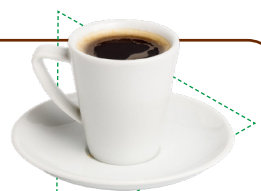
Good to know: As we age, it is more difficult to meet our vitamin D needs through food. Talk about it with a health professional.

Salt, caffeine and alcohol

- **Limit food that's high in salt (sodium) and beverages containing caffeine or alcohol.**

- Limit caffeine to a maximum of three cups of coffee per day. Tea, brown soft drinks (colas), and energy drinks also contain caffeine.

Good to know: Table salt and processed foods (sauces, bouillons, soups and canned food, chips, prepared foods...) contain sodium..



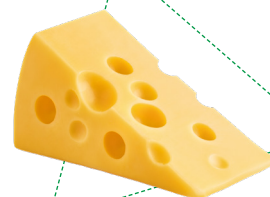
For a healthy brain (see the QR code below):

- **Eat food rich in Omega-3**, like fatty fish (salmon, trout or sardines), seeds (flax, chia), nuts (walnuts, Brazil nuts, almonds) and oils (canola, soy).
- Add **green vegetables** to your diet (broccoli, kale, spinach, arugula...).
- Eat **berries** (blueberries, raspberries, blackberries, strawberries...).
- Choose **whole-grain foods** (bread, barley, rice, oatmeal, cereal...)



Did you know that...

- Food rich in **vitamin D** and **calcium** helps to keep your bones healthier? Add some to your plate!
- **Moving** and eating well are good habits for your health and your brain? If you have a small appetite, eat small meals and snacks more often.



For a healthy brain



This tool aims to promote healthy eating among older adults. It does not replace the recommendations of a health professional for people who have particular health conditions.

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