

Aging is a process that begins before you were born and lasts until you die. To experience this process in a more healthy way, healthy nutrition is very important.

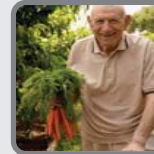
Adequate and balanced nutrition in the old age:

- Protects and improves health.
- Decreases the risk of illnesses based on nutrition, plays a significant role in treating the illnesses that occur.
- Enables an energetic and independent lifestyle.



Nutrition Recommendations for the Old Age

- Design your meals as 3 main and 3 snacks. This way the amount of food per meal will decrease and digestion problems will be avoided.
- Have food from each of the main four food groups (milk group, meat-egg-legumes group, fruits-vegetables group, bread-grains group) in every meal. Pay attention to having food varieties.
- Try to consume at least 2 glasses of low-fat milk, yogurt, cheese, and ayran (a drink made with yogurt); at least 5 portions of vegetables, fruits or fresh fruit juice.



Nutrition Recommendations for the Old Age

- Prefer poultry and fish; consume less red meat in your meals.
- Choose vegetable oils while cooking. If you cook with meat, do not add additional oil to your meals.
- Consume rather limited amounts of sugar, foods with sugar, and desserts with syrup.
- If you do not have gastrointestinal problems, favor bran bread to white bread and bulgur (boiled and pounded wheat) to rice.
- Eat legumes (lima beans, chick peas, lentil, etc.) 2-3 times a week.



Nutrition Recommendations for the Old Age

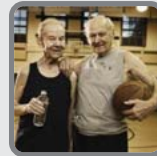
- Prefer boiling or baking instead of frying.
- The decline in the feeling of thirst with the old age, may cause dehydration. You need to drink at least 8-10 glasses (1,5 liter) of water without waiting for the feeling of thirst.
- Consume less salt. Using too much salt can cause problems like hypertension, coronary diseases, osteoporosis, and etc. Do not add extra salt to your meals.



Nutrition Recommendations for the Old Age

- Pay attention to your mouth and dental hygiene.
- Increase your physical activity and make time for daily regular exercise.
- Benefit regularly from sunlight for your bone health.

Watch your body weight, refrain from obesity.



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