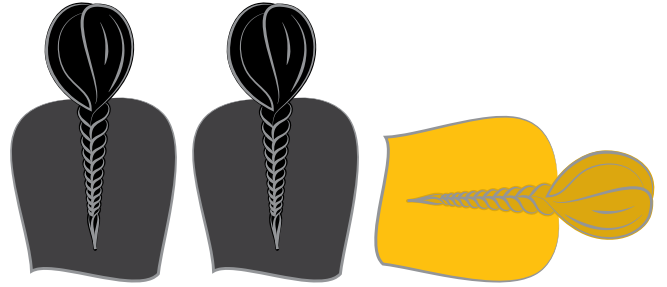


# NUTRITION TIPS FOR ELDERS

Every year, **20-30%** of Elders will fall...

The good news is that there are actions you can take to prevent falls.

As you get older, you need to eat less food and require fewer calories, but you need the same amount or more of certain vitamins and minerals.



## TAKE ACTION TO EAT HEALTHY

- Drink plenty of fluids throughout the day to stay properly hydrated, and to help the fibre work well.
- Ensure you are eating a well-balanced diet including all 4 food groups: fruits and vegetables, whole grains, dairy, and meat/protein.
- Eat foods high in protein with each meal to keep your muscles and bones healthy.
- Eat foods high in fibre to help prevent and treat a variety of conditions such as high cholesterol, diabetes, and heart disease.

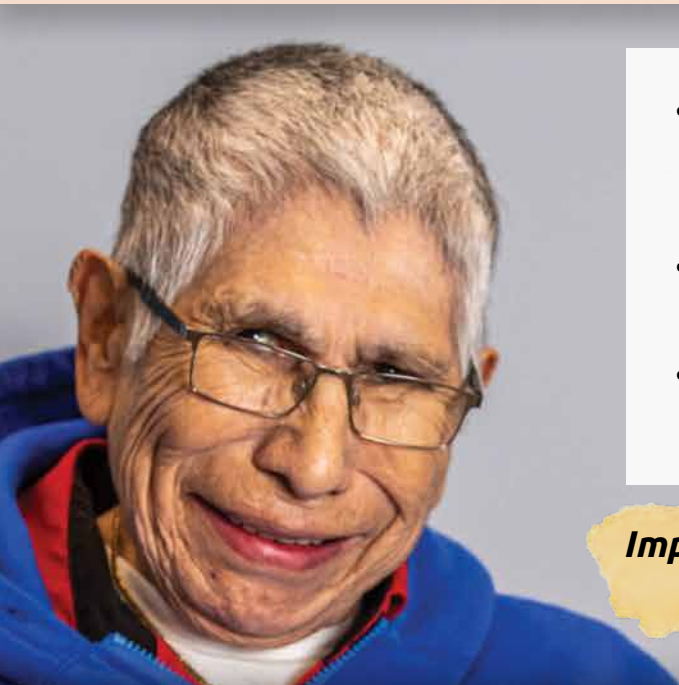


**KEEP YOUR MOCCASINS MOVING!**

Kee Tas Kee Now Tribal Council | E-mail: [injuryprev@ktcadmin.ca](mailto:injuryprev@ktcadmin.ca)

[FindingBalanceAlberta.ca](http://FindingBalanceAlberta.ca)

# SHOPPING TIPS



- Consider a meal or grocery support services like Meals on Wheels or a GoodFood box to reduce your visits to the store.
- Consider shopping at grocery stores that offer online shopping like click and collect.
- Keep a supply of non-perishables at home in case you can't get to the store.

**Important: Always follow specific diet instructions provided by your doctor or dietitian.**

Speak to your community health nurse if you have concerns about your diet and for healthy eating tips.



**A healthy diet is an important part of active, healthy aging.**



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