

What changes in
old age?

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The body demands
less energy.
(kilocalories)*



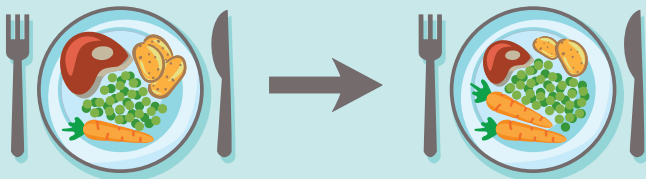
The need for
protein and
vitamins and
minerals
remains the
same, or even
increases slightly.



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What does this mean
for nutrition?

Choose smaller portions – with just as many nutrients!



* depending on the individual rate of energy consumption when resting
and the level of physical activity

Food for a nutritious diet in old age

- ✓ At least 3 portions of vegetables daily – including raw vegetables and pulses twice a week.
- ✓ At least 3 portions of fruit daily. This colourful selection also includes (unsalted) nuts, oil seeds and dried fruit.
- ✓ Wholemeal products daily
- ✓ Consume milk and dairy products daily, such as cheese and yoghurt
- ✓ Eggs now and then
- ✓ Meat and sausage in moderation
- ✓ Fish once or twice a week
- ✓ For fats, vegetable oils such as rapeseed oil are a good choice.
- ✓ Herbs and spices provide variety and stimulate the appetite.

And don't forget: be sure to drink plenty of water!

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