Nutrition & Falls

Dietary Guidelines for Older Australians (NHMRC, 1999)

- Enjoy a wide variety of nutritious foods
- Keep active to maintain muscle strength and a healthy body weight.
- Eat at least 3 meals every day.
- Care for your food, prepare and store it correctly.
- Eat plenty of vegetables and fruit.
- Eat plenty of cereals, breads and pastas.
- Eat a diet low in saturated fat.
- Drink adequate amounts of water &/or other fluids.
- If you drink alcohol, limit your intake.
- Choose foods low in salt and use salt sparingly.
- Include foods high in calcium.
- Use added sugar in moderation.

The above food pyramid depicts the use of a wide range of foods and shows the relative proportions that should be eaten in a balanced diet.