

Where: PR2 -Topic 1 –Module 1.1 –Video 4 on Video resources: “Eat healthy diet”

<https://youtu.be/BdJM7ZBNdXg>

How to eat right for older adults

Good nutrition and a balanced diet is important for older adults.

Here are 3 easy tips to follow.

Tip 1 : Eat a balanced diet

A meal should consist of :

- Carbohydrates such as brown rice, noodles, bread and wholegrain cereal.
- Protein such as fish, chicken, meat, eggs, cheese, tofu and beans.
- Fibre from fresh fruits and vegetables
- Fluids such as plain water or healthy soup.

Tip 2 : Add a meal supplement

If an older adult faces any problem with eating adequately, you can improve nutritional intake with an oral supplement, which comes in either liquid or powdered form.

Please check with your doctor or dietician before you decide to start a meal supplement.

Tip 3 : Eat with family or friends

Studies have shown that having someone accompany older adults during mealtimes :

- increases their appetite
- promotes their nutritional intake
- provides a healthy social bonding experience

For more information on how to help older adults healthy, visit : [healthxchnage.sg/seniors](http://healthxchnage.sg/seniors)