

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

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

Healthy eating can help:

- maintain an appropriate weight
- promote and protect health and well-being
- provide essential energy and nutrients
- prevent, lower the risk, or slow progression of chronic diseases
- prevent muscle and bone loss to reduce the risk of falling or breaking bones.

**What you eat matters.
Choose foods that have
little-to-no sodium, sugars,
or saturated fats.**

Ensure you are eating a well balanced diet. The “Healthy Plate” from the Canada Food Guide suggests that you:

1. eat plenty of fruits and vegetables
 2. eat protein food like meat, fish, pulses, eggs, nuts, seeds, dairy, or tofu with each meal to keep your muscles and bones healthy
 3. make water your drink of choice
 4. choose whole grain foods.
- Eat foods high in fibre to help prevent and treat a variety of conditions such as high cholesterol, diabetes, bowel management, and heart disease.
 - Drink plenty of fluids, about 6-8 cups of fluid per day, throughout the day to stay hydrated. Examples include water and milk. This reduces

infections and improves concentration, energy, and mood, so you can keep your mind active.

- Planning and preparing meals is also a good way to keep up your daily routine. For many people, it can be an enjoyable part of the day.
- Add variety into your diet to help you get all the nutrients you need and maintain a healthy weight.
- Keep a supply of non-perishables at home in case you can't get to the store, like peanut butter, canned fruit, canned sodium free vegetables, frozen fruits/vegetables, canned fish, and canned beans/lentils.

Speak to your healthcare provider or a Registered Dietitian if you have concerns about your diet and for healthy eating tips.



“A senior’s social network is important to your health and well-being. It helps you to stay active and eat better.”

<https://www.cihi.ca/en/canadian-seniors-and-mental-health>



Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



INJURY
PREVENTION
CENTRE

LOCAL CONTACT INFORMATION: