

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

Nutrition is an important part of healthy aging.

Healthy eating can:

- » Give you the energy you need to do the things you enjoy.
- » Prevent muscle and bone loss to reduce the risk of falling or breaking bones.
- » Prevent, lower the risk, or slow progression of chronic diseases.

Sip water throughout the day to stay hydrated. Hydration promotes balance and reduces falls.

A balanced diet includes a variety of foods you can enjoy. Using the “Healthy Plate” from Canada’s food guide can help you include all the nutrients you need to stay active and strong.

1. Include a protein food like meat, fish, beans, lentils, eggs, nuts, seeds, dairy, or tofu with every meal to keep your muscles healthy.
2. Eat plenty of fresh, frozen, or canned fruits and vegetables.
3. Choose whole grain options. Whole grain breads, pastas, and crackers are higher in fibre which can promote a healthy heart and support bowel regularity.
4. Drink plenty of fluids, about 6 – 8 cups throughout the day. Hydration is important for energy, concentration, and mood.

It’s important to eat regularly during the day to stay energized. Plan 3 meals and 1 – 2 snacks evenly spaced throughout your day to fuel your body and mind.

Including variety in your diet helps you get all the nutrients you need and can make mealtime more interesting:

- » Keep a variety of vegetables and fruit washed and ready to go. Frozen options come pre-cut and pre-washed, and are just as nutritious as fresh!
- » Stock easy-to-prepare proteins like nut butters, toasted chickpeas, canned tuna, or pre-cooked hard-boiled eggs to add protein to meals and snacks.
- » Try mixing water with frozen fruit, sliced cucumber, or fresh herbs like mint to make water more exciting.

Protein options include both animal and plant sources. Include a protein food with every meal.



Speak to your healthcare provider, Registered Dietician, or call Health Link at 811 if you have questions about nutrition.

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INJURY
PREVENTION
CENTRE

LOCAL CONTACT INFORMATION:

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