

Falls Prevention – Healthy eating

Eating a balanced diet is very important for good health, energy, strong bones and muscles.

- As we age, our bones can become fragile and more likely to break.
- Calcium and Vitamin D help keep bones and muscles strong.
- Include three or four serves of calcium-rich foods, such as milk, yoghurt, custard, cheese, canned sardines and salmon with bones, every day.
- To boost Vitamin D levels, spend a few minutes in the sun a day before 10am or after 3pm when it is not too hot, in summer. Two to three hours over a week in winter.
- You may need to supplement both calcium and Vitamin D. Check with your doctor.
- Eat three good meals a day, or regular smaller meals and snacks, to keep up your energy.
- Each day have a serve of meat, poultry, fish or legumes, and include serves of fruit and vegetables.
- If you have trouble shopping or cooking for yourself, services are available. Contact Commonwealth Care Link on 1800 052 222 (free call) for help.



Ambassador for Ageing Noeline Brown

Photo courtesy of the Australian Government Department of Health and Ageing

Many people don't drink enough fluids.

- Lack of fluids can lead to dehydration, weakness and dizziness, which can increase your risk of a fall.
- Drink around 6-8 glasses of fluid a day.
- Fluids can include water, tea, coffee, fruit juice and milk.
- Nourishing fluids, such as milk shakes, smoothies, milky coffee and soups are good, if you are not eating well.

Acknowledgement to:

Staying Active and on Your Feet booklet
2010 www.activeandhealthy.nsw.gov.au

Northern Sydney Local Health District
HACC Dietician Group

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

Clinical Excellence Commission©2012 Version 1, SHPN: (CEC) 120257

