



Health
Central Coast
Local Health District

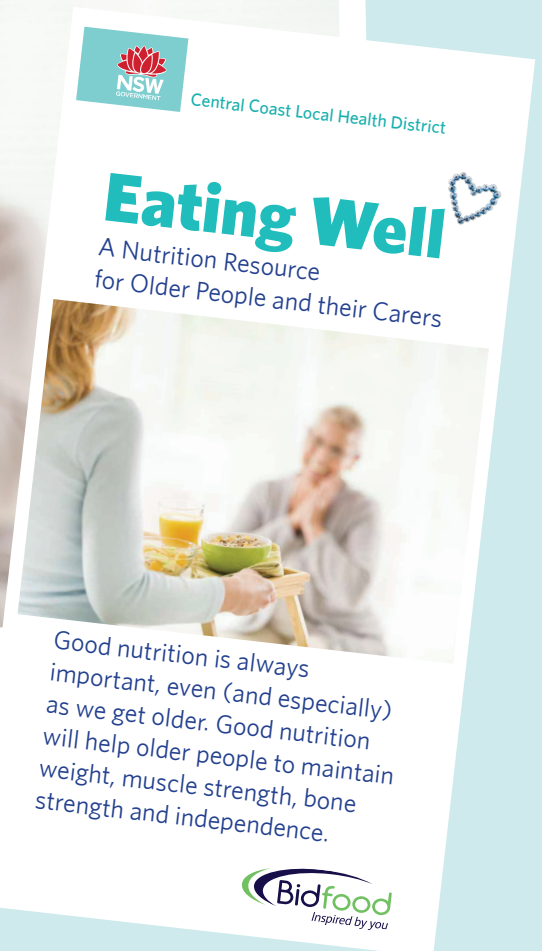
Eating Well



A Nutrition Resource
for Older People and their Carers



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Good nutrition is always important, even (and especially) as we get older. Good nutrition will help older people to maintain weight, muscle strength, bone strength and independence.



These resources have been written in an effort to keep older people well-nourished and independent. They provide nutrition information and practical food ideas and advice for older people, their carers and support staff.



Encouraging older people to eat sufficient nourishing food and maintain a healthy body weight as they age is challenging. Preventing weight and muscle loss is important. The 'Eating Well' resources contain information to help address these challenges. The brochure is a condensed version based on the book.

Community care organisations employ community care assistants delivering a variety of services, such as shopping and meal preparation, to assist and support older people in their endeavour to live in their own home for as long as possible. This book and brochure will help guide you and your clients on what to do from a nutrition viewpoint to stay strong and at home.

Eating Well Book Contents Include:

- Make sure that you have a nutritious diet
- How to help prevent weight loss and retain muscle
- The importance of eating enough protein
- Shopping list for nourishing and high calorie food
- Is that special diet necessary?
- The value of dairy foods
- The importance of vitamin D
- Is eating three meals a day important?
- Having enough fluid
- Eating alone
- Shopping, cooking and eating independently
- Teeth, mouth or swallowing problems
- Finger foods
- Caring for someone with dementia
- Are you a carer?
- Food safety
- Exercise
- Malnutrition risk screening tools
- Useful contacts for carers

Eating Well resources - Both the 58 page booklet 'Eating Well; A Nutrition Resource for Older People and their Carers' and the A3 brochure can be downloaded free of charge from Central Coast Local Health District Public Health Nutrition Website and Bidfood website. Go to:

www.cclhd.health.nsw.gov.au/services/nutrition/nutrition-resources/
or **www.bidfood.com.au/nsw-guide-requests**

Hard copies are now available for free and can also be ordered from the above Bidfood website.