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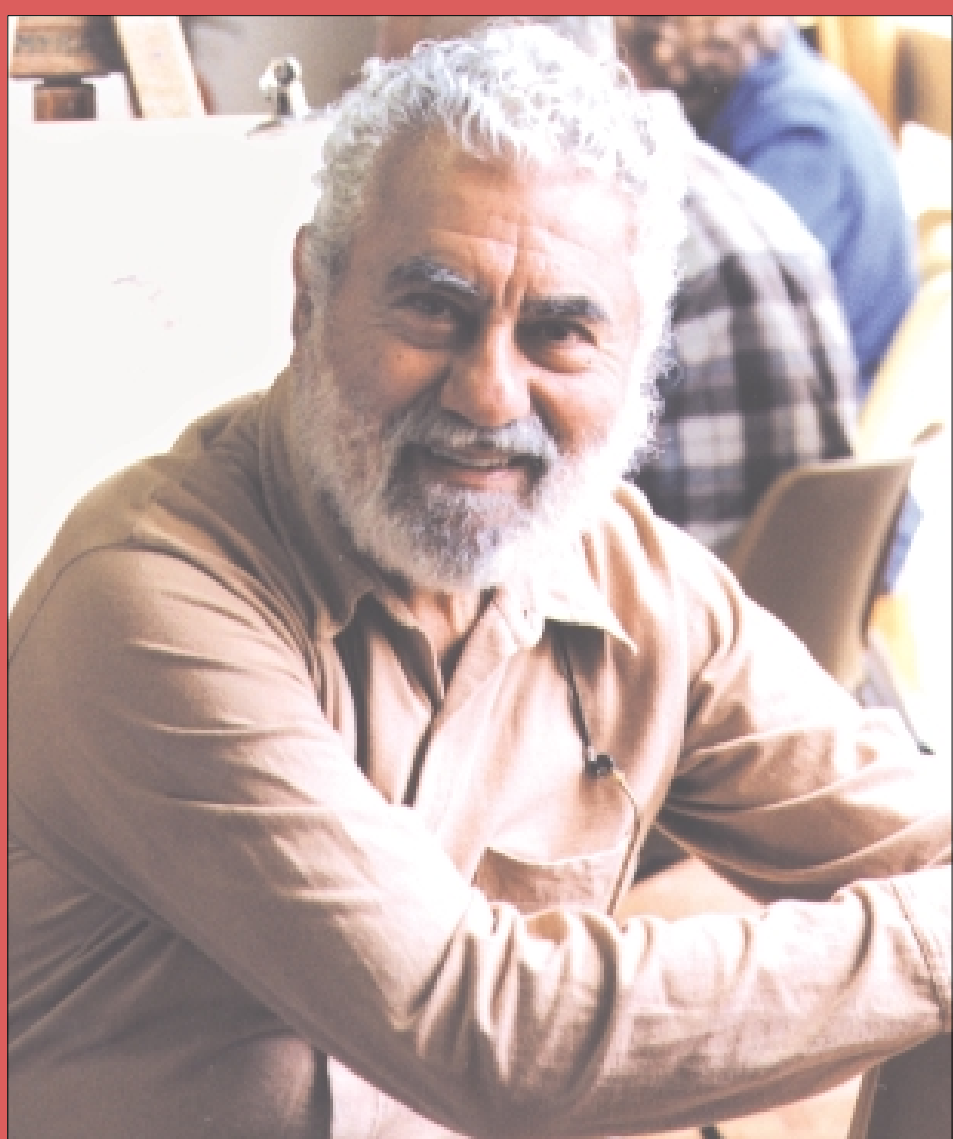
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Eat Well *for* Life

Dietary Guidelines for Older Australians



1. Enjoy a wide variety of nutritious foods
2. Keep active to maintain muscle strength and a healthy body weight
3. Eat at least three meals every day
4. Care for your food: prepare and store it correctly
5. Eat plenty of vegetables (including legumes) and fruit
6. Eat plenty of cereals, breads and pastas
7. Eat a diet low in saturated fat
8. Drink adequate amounts of water and/or other fluids
9. If you drink alcohol, limit your intake
10. Choose foods low in salt and use salt sparingly
11. Include foods high in calcium
12. Use added sugars in moderation