

A Guide for Patients and Families

# Nutrition and Ageing



Sufficient nutrition is important in the prevention and management of frailty.

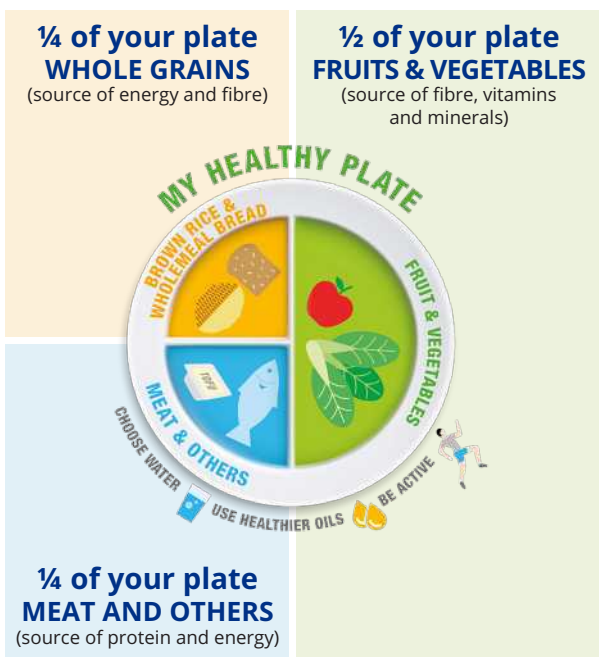
Having sufficient amount of nutrition helps to maintain muscle strength and preserve bone mass, reducing the risk of falls and fractures.

Seniors who are more well nourished tend to fall sick less often and recover faster.

## Eating Right for Healthy Ageing

### 1. Eat a variety of foods and maintain a balanced diet.

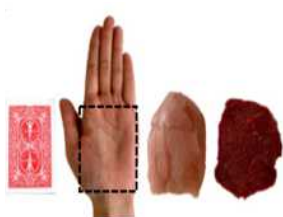
- Choose a variety of foods within and across food groups to get a variety of nutrients in your diet
- Use **My Healthy Plate** as a guide to help you create a balanced meal



## 2. Include high protein foods in every meal.

- Sufficient protein intake is important to maintain muscle mass
- Ideally, try to take protein foods immediately after exercise
- Include animal sources of protein in your diet
- Have 2 to 3 servings of dietary proteins daily

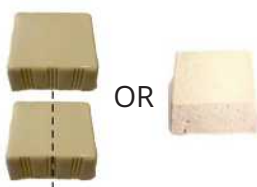
### Examples of One Serving



**Meat**  
(Chicken/Pork/  
Mutton/Beef)  
1 palm size  
(90g = 120g raw)



**Fish**  
1 palm size  
(90g = 120g raw)



**Silken Tofu**  
1.5 small blocks  
(1 block = 300g)  
OR

**Tau Kwa**  
1 piece  
(1 piece = 200g)



### **Beans/Lentils**

1.5 cups  
(270g cooked)



### **1.5 Drumsticks**

OR

### **3 Small Kuning Fish**

## **How One Protein Serving Looks Like in a Meal**



**Mixed rice with  
1 palm size of  
meat/fish**

OR



+



+



+



**1 bowl of porridge + 1 egg + ½ block of  
tofu + 1 cup low fat cow's milk/soymilk**

### 3. Include whole grains, fruits and vegetables in your daily diet.

- Good quality diet is important  
*Insufficient vitamins and minerals intake has been associated with higher risk of frailty*
- Whole grains, fruits and vegetables are rich in vitamins and minerals  
They are also high in fibre, which is important for good bowel health
- Include **2 servings of fruits** and **2 servings of vegetables** in your diet
- Have 2 to 3 servings of dietary proteins daily



### 4. Include food that are high in calcium and vitamin D in your diet.

- Calcium and vitamin D help to **keep your bones strong**
- **1000mg of calcium** and **800 IU of vitamin D** are recommended daily
- 1 star ★ represents 100mg of calcium  
Aim to achieve 10 stars a day by consuming a variety of foods
- Food sources for vitamin D includes oily fish (e.g. salmon, mackerel, cod), eggs, margarine, fortified cereals, fortified dairy (milk, cheese, yoghurt) and fortified soy milk



1 glass of high-calcium  
low-fat milk (250ml)/  
4 scoops powder



1 glass of high-calcium  
soy milk (250ml)



1 piece of canned low sodium sardine (70g)



1 small tub of low-fat  
yoghurt (100g – 150g)



1 slice of low-fat cheese  
(20g)



1 square piece  
of tau kwa (100g)



$\frac{3}{4}$  mug of cooked  
chye sim (100g)



$\frac{1}{2}$  block tofu (150g)

## Know Your Risk of Malnutrition

If you experience **poor appetite** or **have been eating less** than normal over a long period of time, this may lead to **malnutrition** and **muscle loss**. You may be at risk if you have one of the following:



### **Unintentional weight loss**

(3kg or more in the past 3 to 6 months)



### **Eating less than ½ of your usual intake**

(in the past 5 days or more)

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## Tips on Improving Food Intake

1. **Have six small, frequent meals instead of three large meals.**  
Eat more when your appetite is good.
2. **Choose softer foods and moisten foods with gravies.**
3. **Schedule fluid intake after meals.**  
Too much fluid with meals may make you full faster.
4. **Include high protein, high energy snacks and fluids between meals.**  
E.g. Dim Sum, red bean paste, milk shakes, and soy milk.
5. **Prepare attractive and flavourful meals.**  
Use a variety of ingredients, herbs and spices.
6. **Increase the energy and protein content of your meal.**  
You can do this without increasing the food portion.



Oats

+



Eggs



Honey



Milk



Peanut  
Butter



Porridge

+



Meat



Fish



Eggs



Oil

You are strongly encouraged to consult your doctor if you experienced persistent and unintentional weight loss.



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