Safe sun exposure (Vitamin D)

Vitamin D is important to keep your bones healthy, and regular safe sun exposure is the best way to get it in Australia.

To meet your daily vitamin D needs, expose some bare skin (e.g. arms with no sun block) on most days for a short period as indicated below. At other times, use sun block and sun safe practices.

During winter in Southern Australia, 20 to 30 minutes at midday. In Northern Australia and Summer in Southern Australia, 6 to 7 minutes mid-morning or mid-afternoon.

If you receive little or no sun exposure, you may be at risk of vitamin D deficiency. It is recommended that you talk to your health care provider about vitamin D supplements.

Medication

Taking numerous medications may cause side effects such as poor nutrient absorption, confusion, dizziness or falls, which can lead to frailty.

Have your medications reviewed annually. This includes prescriptions, over the counter drugs, vitamins, and natural supplements to check that you are taking the right medications at the right doses for your present health and stage of life.

Speak with your health care provider about having a comprehensive medication review.

Useful Resource

If you need help with your diet go to
http://www.daa.asn.aa
or find an Accredited Practising Dietitian for tailored dietary advice

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Healthy Ageing

Simple steps to smarter eating, managing medication and Vitamin D needs

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How much protein per meal?

**Include any 2 serves per meal three times a day

Red meat

- 60g lean red meat (prepared to your preference e.g. roast, grill, casserole or curry)
- 2 slices ham or a rasher lean bacon

Seafood

- ½ small fish fillet or 100g prawns or other seafood
- ½ small can of tuna, salmon or sardines

Chicken

- ¼ chicken breast
- 1 egg

Plant Based

- 65g tofu or tempeh
- ½ cup or 100g cooked or canned beans or lentils
- 1 handful (30g) nuts or seeds
- 1 tablespoon nut paste

Dairy

- 1 glass milk or non-dairy calcium fortified milk
- 1 small tub or cup of yoghurt or custard
- 2 slices cheese or ½ cup cottage cheese

Why do you need calcium?

To maintain healthy bones and muscles choose 3 to 4 serves of high calcium foods a day from the following:

- 1 glass milk or non-dairy, calcium fortified milk
- 1 tub yoghurt or 1 slice (40g) cheese
- Other sources of calcium include calcium-fortified breads, cereals and fruit juice.

If you have less than 2 serves of dairy foods/day, talk to your health care provider about calcium supplements.

Should I lose weight?

Since weight loss results in muscle loss, it can lead to loss of strength and increased risk of falling. It is more important to build muscle than to lose weight, even if you are overweight. Evidence shows that maintaining a stable body weight is associated with better health.

Great meal ideas

Eggs can be consumed daily for a protein-rich breakfast.

Nuts (including nut spreads) and seeds make nutritious, everyday snacks.

Use leftover protein rich foods such as meat, chicken or legumes and vegetables for sandwiches, soups, curries, salad, stir fries, cottage pie or a quick omelette.

Freeze portions of a basic casserole, curry or bolognaise sauce and reheat with a variety of different vegetables.

Frozen or canned fruit and vegetables are nutritious options if you don't have access to fresh produce.

- Mixed veggie packet
- Berry mix
- Tinned corn
- Frozen peas

There are many frozen and canned items that can be found at your local supermarket.