BDA The Association of UK Dietitians

muscle. If you are slightly overweight, losing weight might

not actually improve your health.

Eating, drinking and ageing well

Having a nutrient-rich diet over the age of 65 is important for everyone, which means choosing foods with slightly more protein, calcium, folate (folic acid) and vitamin B12. The amount of carbohydrates, sugar, fibre, fat, and salt you need are likely to remain the same as for younger adults.

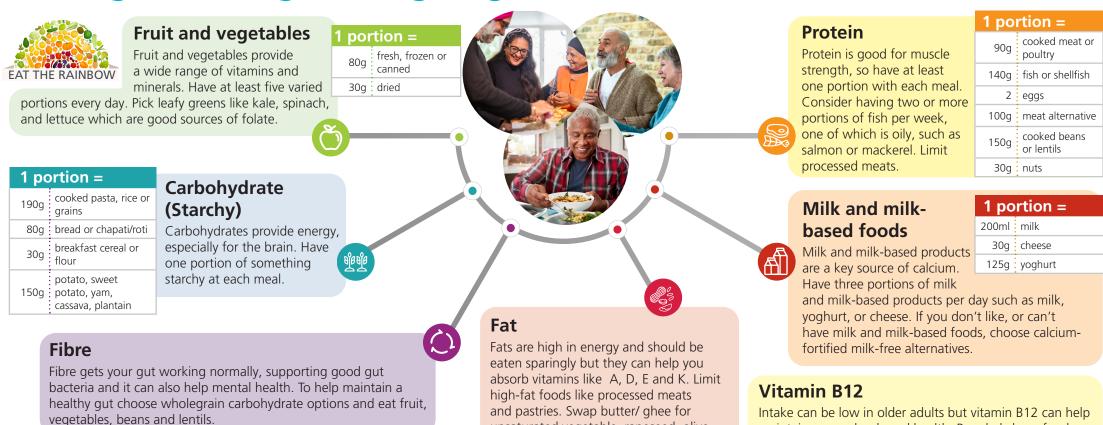


officers-report

https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-

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Eating, drinking and ageing well. A nutrient-rich diet is...



Drinking enough?

Fluid is also important as you age. As you get older, you might not recognise the feeling of thirst as you used to, but you still need to drink. All fluids count, not just water. Other fluids include tea, coffee, milk, squash, fruit juice, fizzy drinks, hot chocolate and weak alcoholic drinks (up to 4% strength (ABV). Water, tea, coffee (without added sugar) and milk are the best choices for your teeth. Men and women have slightly different fluid needs:

seeds are also good choices.

unsaturated vegetable, rapeseed, olive

and sunflower oils and spread. Nuts and



MEN at least 2000 ML per day = 3½ PINTS



Cups & glasses can be lots of different sizes so it's important to know how much fluid they hold.

Drinking often during the day can be the key to getting all the fluid you need.

If you drink less than the amount advised and are worried that drinking more might cause you problems controlling your bladder, please discuss this with a healthcare professional.

Alcohol

Alcohol isn't an essential nutrient and intake should not exceed national recommendations of 14 units per week. Spread your intake across the week, rather than drinking in large quantities in one go – and have some alcohol-free days.



 Sugar doesn't provide the body with anything it needs to keep well. Limit your intake of sweet snacks, sugary drinks and confectionery.



Salt can make food tastier but too much can increase your risk of high blood pressure. Limit it and try replacing with herbs, spices, garlic, vinegar and lemon juice. Reduce your intake of processed meats and salty snacks, as well as the amount of salt you add when cooking or at the table.

maintain energy levels and health. Regularly have foods

extract, or have animal products including lean meat, fish,

poultry, eggs, milk and milk-based foods as outlined above.

fortified with it, for example breakfast cereals or yeast