

# Live Well

Tips for healthy living after 65 years



This brochure has been produced by Meat & Livestock Australia (MLA) under the guidance of nutrition, exercise and medical experts.

MLA is a producer-owned and not-for-profit organisation representing Australia's cattle, sheep and goat industries.

## For more information



[www.mlahealthymeals.com.au](http://www.mlahealthymeals.com.au) for meal ideas and cooking tips



[www.daa.asn.au](http://www.daa.asn.au) to find an Accredited Practising Dietitian for tailored dietary advice



[www.essa.org.au](http://www.essa.org.au) to find an Accredited Exercise Physiologist for tailored exercise advice

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information. Care is taken to ensure the accuracy and currency of this publication, however, we cannot guarantee accuracy or currency. This publication is intended to provide general information. It is not intended to be comprehensive. You should make your own enquiries before making decisions concerning your nutrition requirements. This information is not medical advice and you should consult a health professional before making any decisions concerning your interests. MLA is not responsible for the contents of any third party websites and references in this publication and no endorsement of any products or services should be implied.

First edition, February 2017 MLA



For additional free copies, call **1800 550 018** or visit [www.mlahealthymeals.com.au](http://www.mlahealthymeals.com.au)



# Healthy muscles for good health

## Why are healthy muscles important?

Muscle health can affect your ability to lead an independent lifestyle.

Progressive muscle loss, which can start from around 45 years of age, can affect your ability to perform everyday activities.

Building and maintaining healthy muscles will help to maintain your independence and an active lifestyle.

Having healthy muscles will also benefit your heart, immune, mental and bone health.

## 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.

### Are these tips for me?

This information is general and for healthy individuals living independently. Consult your doctor if you have complex health needs or have experienced rapid weight loss. Ask for a referral to an Accredited Practising Dietitian or an Exercise Physiologist to address your specific needs.

# Healthy eating after 65 years

## Protein and calcium rich foods

After 65 years, you need more protein, calcium and vitamin D than at younger years.

More protein is required to build and maintain muscles.

Calcium and vitamin D are important for bone health and muscle function.

## Hydration

Keep hydrated by drinking 8 glasses a day of water, non-alcoholic beverages or soups.



## Heart health



Choosing nutritious foods from the five food groups, healthy oils and reducing your salt intake will meet your nutritional needs and keep your heart healthy.

# Physical activity with strengthening exercise

Being active 30 to 60 minutes each day will keep your heart healthy and body functioning well.

If you are not already active, it is not too late to start. Any activity is better than nothing! Start slowly and gradually build up.

You can spread your activity over several shorter periods e.g. 5 to 15 minute bursts.

## Is walking enough?

You need to do a variety of different types of exercise to improve your overall muscle and bone health.



### 1. Strengthening exercises

Most important to build and strengthen muscles and bones and reduce risk of injury.



### 2. Balancing exercises

To improve balance and reduce risk of falling.



### 3. An active lifestyle

To keep your heart healthy and body functioning well.

# Safe sun exposure for vitamin D

Regular safe sun exposure is the best source of vitamin D in Australia. Few foods are naturally rich in vitamin D.

# Healthy eating in practice



## Protein

How much protein do you need each day?

<input checked="" type="checkbox"/>	Include protein-rich foods in at least two meals each day	
<input checked="" type="checkbox"/>	Have any 2 of the following choices per meal e.g. 2 x ½ steak or 1 egg + 1 rasher bacon	
	½ small steak	 1 tub yoghurt
	1 small chop/cutlet	 2 slices cheese
	1 slice roast meat	 1 egg
	½ small fish fillet	 ½ cup or 100g cooked or canned legumes e.g. lentils, 3 bean mix
	½ small can of tuna, salmon or sardines	 2 slices ham
	¼ chicken breast	 1 rasher lean bacon
	65g firm tofu	 1 handful (30g) nuts
	1 glass milk or non-dairy calcium fortified milk	 1 tablespoon nut paste e.g. peanut butter

## Protein-rich meal ideas

### 1 Eggs



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

### 2 Nuts and seeds



Nuts, seeds and/or paste make nutritious, everyday snacks.

### 3 Leftovers



Use leftover roast meat (and vegetables), steak or chicken for sandwiches, soups, salad, stir fries, cottage pie or a quick omelette.

### 4 Freeze for later



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

## Calcium



How much calcium do you need each day?

	<b>Choose 3 to 4 serves of dairy foods a day</b>
	1 glass milk
	1 glass non-dairy, calcium fortified milk
	1 tub yoghurt
	1 slice (40g) cheese

? Other sources of calcium include calcium-fortified choices of non-dairy milk, breads, cereals and fruit juice.

? If you have less than 2 serves dairy foods/day, talk to your doctor about calcium supplements.

If you need help with your diet ask your doctor for a referral to an Accredited Practising Dietitian.

## Essential nutrients



Which protein foods do you need?

To get essential nutrients for good health, choose a variety of protein foods. For example:

	<b>Lean red meat for zinc</b> 3-4 times per week
	<b>Fish for omega-3</b> Twice a week

## Physical activity in practice



- 30 to 60 minutes each day
- Different forms of exercise over the week

### Strengthening exercises

- Performing regular strengthening exercises is most important for maintaining independence.
- At least two 30 minute sessions a week or equivalent (e.g. three bouts of 5-10 minutes on most days) is recommended.
- Perform exercises which build muscle and strength in your legs, arms, abdomen and back.
- Exercises can be performed at the gym, in the home or whilst doing everyday chores e.g. digging in the garden; carrying shopping or heavy items; vacuuming; climbing stairs.
- Eating a protein-rich diet will increase the benefits gained from strengthening exercises.

### Balancing exercises

- Practise standing on one leg; leaning forwards and backwards; 'heel to toe' exercises e.g. while watching TV; or waiting for the kettle to boil.
- Tai chi, yoga, pilates, dancing and bowls help improve balance.

### Keep active

- Doing household chores everyday.
- Not sitting for long periods – get up and move every hour e.g. get a glass of water.
- Join social and/or sporting activities e.g. local clubs, community centres, sports or church groups.

? Ask for a referral to an Exercise Physiologist for a tailored plan.

## Safe sun exposure for vitamin D

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 doctor about vitamin D supplements.