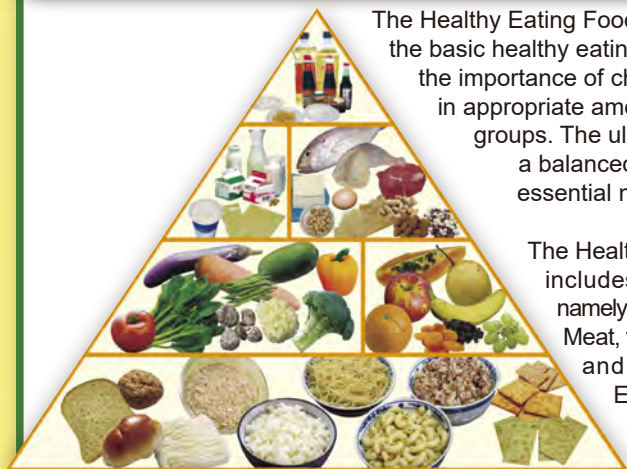


# Healthy Eating for Seniors

## Healthy Eating Food Pyramid



The Healthy Eating Food Pyramid demonstrates the basic healthy eating principles. It highlights the importance of choosing a variety of food in appropriate amounts from different food groups. The ultimate goal is to achieve a balanced diet so as to obtain the essential nutrients for good health.

The Healthy Eating Food Pyramid includes different food groups, namely Grains; Vegetables; Fruits; Meat, fish, egg and alternatives; and Milk and alternatives. Each food group supplies different nutrients and is irreplaceable.

## Grains

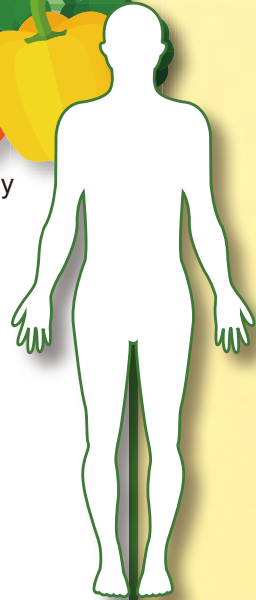
☛ Should constitute the biggest portion of our daily diet as they supply energy for daily activities and body functions. Examples include congee, noodles, pasta, rice, bread, biscuits, oat and cereal.



- ☛ Choose more whole-grains, such as red rice, oats and whole wheat bread.
- ☛ Recommended daily intake: 3-5 bowls of rice/ pasta / noodles\* etc.



# Vegetables and fruits



➊ Should constitute a bigger portion of our daily diet. Vegetables and fruits are rich in fibre, vitamins, minerals, phytochemicals and antioxidants.

- ➋ Fibre aids bowel movements and helps prevent constipation.
- ➌ Vitamins and mineral can maintain body metabolism.
- ➍ Phytochemicals and antioxidants help maintain cellular integrity and reduce the chance of cellular mutation or damage.

- ➎ Vegetables include green leafy vegetables, melons, roots and tuber crops.
- ➏ Adopt low-fat cooking methods, such as steaming, braising, blanching and stewing. Limit the use of cooking oil.
- ➐ Choose seasonal vegetables and fruits to add varieties in diet.

➑ Recommended daily intake for vegetables:

- ➋ At least 3 servings.
- ➌ 1 serving of vegetables equals half a bowl of cooked vegetables, melons or mushrooms\*.

➒ Recommended daily intake for fruits:

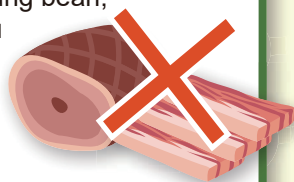
- ➋ At least 2 servings.
- ➌ 1 serving of fruit equals 1 piece of medium sized fruit (such as orange, apple or pear) or half a bowl of fruit cuts (such as diced papaya or cantaloupe)\*.



## Meat, fish, egg, and alternatives



- Should constitute a moderate amount in the diet.
- Foods belonging to this group are rich in protein, which help the production and repair of body cells; Seafood, marine fish and eggs are also rich in iodine.
- Inadequate intake of this food group can cause malnutrition, while excessive consumption will increase dietary fat intake and induce health problems such as obesity and hyperlipidemia.
- Examples include meat, poultry, fish, seafood, egg and dried beans such as black-eyed pea, red bean, mung bean, soybean and soybean products (such as tofu and dried tofu etc.).
- Avoid intake of meat with skin and fatty meat.
- Choose lean meat, skinless poultry, fish, dried beans and non deep-fried soybean products such as tofu and bean curd sticks.



- Recommended daily intake: 5 to 6 taels (1 tael of meat equals 1 egg, 1 block of soft tofu or 4 tablespoons of cooked soybean).



## Milk and alternatives

- Should constitute a moderate amount in the diet.
- Rich in protein, vitamin B2 and B12.
- Rich in calcium, which is essential for bone health.
- Choose skimmed milk, low-fat milk, low-fat cheese, low-fat yoghurt or high-calcium low-sugar soymilk.



Recommended daily intake: 1 to 2 servings.

1 serving of milk and alternatives equals:

- 1 cup of low-fat or skimmed milk#.
- 2 slices of low-fat cheese.



## Fluid

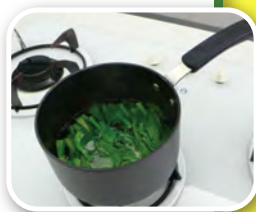
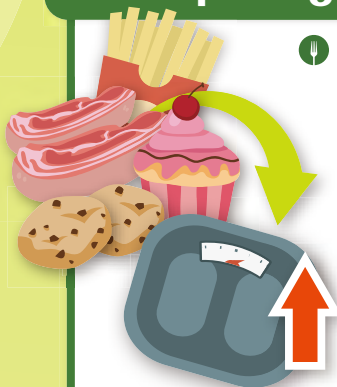
- An essential component of the human body
- Drink at least 6 to 8 cups of fluid such as water, tea, clear soup, low-fat / skimmed milk or high-calcium low-sugar soymilk everyday.#

- Limit the use of high-fat or high-sugar drinks such as coconut juice, soft drinks and sweetened fruit juice.



# Fat/oil, salt & sugar

## Eat Sparingly



### Fat/ oil

- 1 Adopt low-fat cooking methods, such as steaming, blanching, braising, stewing and baking.
- 1 Limit foods that are high in fat and calories, such as fatty meat, full cream milk, cakes and cookies. An excessive intake can lead to weight gain and affect cardiovascular health.
- 1 Limit deep-fried foods, such as spring roll, deep-fried Chinese oil sticks and French fries.

### Salt

- 1 Limit the use of high-salt or preserved foods, such as salted fish, pickled vegetables and preserved fruits.
- 1 The World Health Organization (WHO) has classified processed meat, such as sausages, luncheon meat and ham as carcinogens (Group 1) to humans. These foods are also high in salt and should be limited.



- 1 Avoid excessive use of condiments that are high in salt content, such as chicken powder, soy sauce and oyster sauce.
- 1 Choose more natural seasonings, such as ginger, spring onion, garlic, preserved mandarin peel, black pepper and lemon juice.

- 1 Recommended daily salt intake by WHO is less than 1 teaspoon and replace table salt with iodised salt (Persons with thyroid problems should seek medical advice).

### Sugar

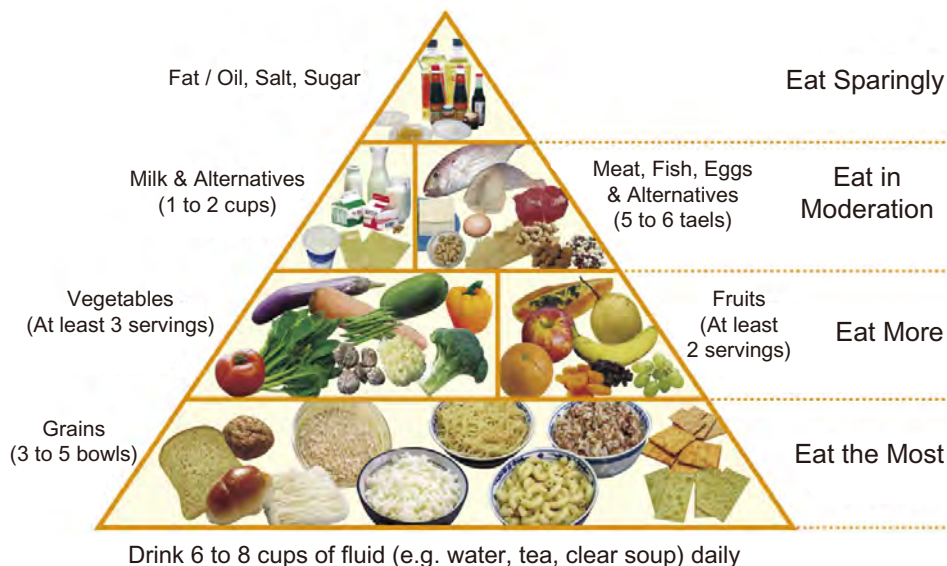
- 1 Excessive intake of sugary foods can lead to weight gain, which increase the risk of hyperlipidemia, high blood pressure, heart diseases, diabetes and certain types of cancer.
- 1 Limit the intake of foods with high-sugar content, such as candies, desserts, cakes and sugary drinks.





# Healthy Eating Food Pyramid (Seniors)

Note :  
1 bowl=250-300 mL  
1 cup=240 mL



For any queries  
about this pamphlet,  
please consult  
healthcare professionals.



Elderly Health Service, Department of Health  
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