

# Eating well while getting older

Our bodies change as we get older. Awareness of diet and lifestyle can have a positive effect on the ageing process and on our well-being.

## Adjusting the supply of energy

Our energy requirements fall as we age. This by no means reduces our need for nutrients. Foods with a high concentration of nutrients now supply us with valuable vitamins, minerals and fibre: fresh vegetables, fruit, wholegrain products, pulses, seeds and nuts. We should preferably do without foods containing high levels of fat and sugar, as well as ready meals.

## A special focus on key nutrients

Two nutrients are particularly important when it comes to keeping bones healthy and preventing osteoporosis: vitamin D and calcium. Vitamin D is produced for example by exposing the skin to sunlight. This is why it's important to spend time in the fresh air – preferably taking part in a sporting activity – and to opt for foods high in vitamin D and calcium. We shouldn't forget about vitamin B12 and iron either. Deficiencies can result with insufficient uptake via the bowel, a vegan diet or with certain drugs. A blood test can be used to check this. Nutritional supplements should be taken in consultation with your doctor.

## An adequate intake of fluids

Do you suffer from problems concentrating, fatigue, dizziness, dry skin or constipation? That might be due to not drinking enough water. As we get older, we tend to feel less thirsty, and the fluid balance of the body is not regulated as quickly. This is why it's important to drink enough and at regular intervals – before we even start to feel thirsty. For this reason make sure you always have a glass of water to hand and keep topping it up.

