

**Good food for better health : easy eating for the over sixties / issued jointly by the British Dietetic Association Incorporated... and the National Old People's Welfare Council.**

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BREAKFAST



Early Tea

DINNER



Elevenes

HIGH TEA



Cup of Tea

Bedtime Drink

Take steps to arrange what you are going to eat —and *enjoy* your meals

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**GOOD FOOD FOR better HEALTH**

HN  
P1956B



**Easy Eating**

FOR THE

**Over Sixties**

THE ROYAL SOCIETY

1956

This leaflet aims at helping the older generation towards the right choice of food. Those who need special dieting should seek advice from a doctor.

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# THE FOODS YOU NEED **EACH DAY**

CALENDAR						
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**MILK** One pint if possible: *not less* than half a pint

**MEAT or FISH or CHEESE or EGGS** } A good helping of one of these at *two* of the day's meals

**FRUITS** An orange or tomato whenever possible. Also try stewed fruits and, in the summer, fruits such as gooseberries or blackcurrants

**VEGETABLES** Potatoes and at least one other root or green vegetable or salad

**BREAD** (preferably some wholemeal) and **PORRIDGE or BREAKFAST CEREALS**

**FATS** Butter, margarine, dripping

**DRINKS** Milk, tea, coffee, cocoa, water and other drinks . . . 8 cups

**OTHER FOODS** People need less food as they grow older but must have those shown above. . .

**△ CUT DOWN** on cakes, buns, pastries, biscuits, suet puddings, sweets and sugary foods



# **EACH DAY**