

Eating through the years : healthy eating in retirement / Heinz.

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Eating Through The Years



Healthy eating in retirement

YOUR GUIDE TO SENSIBLE EATING

Whatever your age, sensible eating is essential if you want to enjoy good health, an active life and independence. Now you can take more time to enjoy cooking and mealtimes. A good diet with the right balance of nutrients, coupled with regular exercise, avoidance of smoking and being careful about what you drink are all part of a modern healthy lifestyle.

This brief guide will help you choose a balanced diet. It also explains the benefits of exercise and maintaining your correct weight, and stresses the importance of an emergency food store.

EAT A VARIETY OF FOODS

There is no special diet at this time of life but sensible food choices become all the more important if, with less physical activity, you need to eat a little less food to maintain a healthy weight. The best way to obtain a balanced diet is to choose a variety of foods from the four main groups — cereals (bread, rice, oats, pasta and breakfast

cereals); meat and alternatives (eggs, fish, beans and nuts); dairy foods (cheese, milk and yogurt); and fruits and vegetables. Use fats and oils (butter, margarine and cooking oils) in smaller quantities.

For a good balance, eat more from the cereal and fruit and vegetable groups. But go easy on the fats, oils and fatty foods which can provide more calories than you need.

Go easy on sweets, cakes and biscuits as well as alcohol: all these provide relatively few nutrients. Watch your salt intake too, since excess salt in the diet may, in susceptible individuals, contribute to high blood pressure, which is itself a risk factor in many other illnesses.



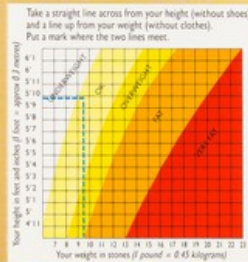
HEALTHY ADVICE

It is worthwhile paying attention to some additional points:

- Eat more bread and cereals (preferably wholegrain) as well as fruit, vegetables and pulses (beans etc): this will give you a good intake of fibre which helps with the speedy and easy elimination of waste from the body, keeps your digestive system healthy and helps prevent constipation.
- Try to sustain a good intake of calcium-rich foods such as milk (including skimmed and semi-skimmed) and cheese. This is particularly important for women as it may delay the gradual loss of calcium from the bones, making them brittle and inclined to break.
- Get out in the sunshine as often as you can as vitamin D, which helps the body use calcium, is formed by the action of sunlight on the skin. Otherwise, good dietary sources of this vitamin include margarine, eggs and fatty fish such as sardines and kippers.
- Avoid big meals but do eat regularly. A balanced diet is easier to follow with regular meals. If you don't feel like cooking, have a simple but nourishing snack such as a cheese and tomato sandwich or baked beans on a slice of wholemeal toast.
- Try to have at least eight cups of fluid each day — more in hot weather. Tea, coffee, cocoa, soup, milk drinks or just plain water are all suitable. Avoid tea and coffee at bedtime if they are inclined to keep you awake.
- It's important to keep up an interest in food. Luncheon clubs are to be found in

many areas or invite some friends to join you for a meal. Your friends might also be encouraged to help with the preparation.

- Keep a check on your weight with the chart shown here. Surplus pounds will increase the load on your joints and may mean you're less mobile and more prone to accidents. Watch your sugar and fat intake and avoid too many cakes, biscuits and sweets if you weigh in a little heavy.



MENU PLANNER

The following guide is intended to help you have a balanced food intake while providing tasty meals which are simple and quick to prepare. If you have difficulty chewing or swallowing, Heinz baby foods are a useful standby.

Include ½-1 pint of milk daily which can be used with cereals, or in puddings, as well as in drinks.

Try to have fresh fruit, particularly oranges (which may be squeezed for juice) at least three times a week. All eggs should be thoroughly cooked until the white and yolk are solid. As with all cooked foods, egg dishes should be eaten as soon as possible after cooking. And if the dishes are not for immediate use they should be kept in the fridge.

BREAKFAST

Porridge or a wholewheat or bran-based cereal with plenty of milk. Add fruit such as bananas, prunes or stewed apple.

or

Boiled, poached or scrambled egg.

and

Wholemeal toast, butter or margarine. Tea or coffee.

MID-MORNING

Tea, coffee, hot chocolate or milk.

LUNCH*

A helping of meat, poultry, fish or cheese.

A helping of vegetables (sometimes greens) and a helping of potatoes, rice or pasta.

A portion of fresh or stewed fruit, yogurt or pudding.

MID-AFTERNOON

Tea or coffee and a biscuit or piece of cake.

EVENING MEAL*

A serving of Heinz soup with a wholemeal bread roll and cheese.

or

Egg, cheese, Heinz baked beans or sardines on wholemeal toast.

or

A round of sandwiches made with wholemeal bread and filled with cheese, ham, boiled eggs or tomatoes.

and

Stewed fruit, yogurt or a piece of cake.

and

Tea or coffee.

BED-TIME

Your favourite milky drink.

** These meals can be changed around according to preference.*



Other leaflets in the Eating Through The Years series are:
Healthy Eating for Toddlers and Young Children and
Healthy Eating for Older Children and Teenagers.
They are available free by sending a stamped self-addressed envelope to:
Heinz Nutrition Office, 15-17 Huntsworth Mews, London NW1 6DD.