Stay On Your Feet...

Step 8: Eat Well for Life

Eat well to lower your risk of a fall. If you eat regular healthy meals, you are less likely to become weak, dizzy or light headed. Other factors that may increase your risk for a fall include living alone, unexplained weight loss and having multiple health problems.

How can you protect your independence and lower your risk for a serious fall?

Keep your bones strong

Prevent osteoporosis. This condition causes your bones to become weak and more likely to break if you fall. Calcium and vitamin D work together to protect your bones and reduce your risk of falls. Foods that are rich in calcium and vitamin D include:

- milk and soy milk beverages
- yogurt and cheese made with vitamin D-fortified milk
- café latte (half coffee half milk)

Health Canada recommends a daily 400 IU supplement of vitamin D. You may need a higher dose if you have dark skin, osteoporosis or other medical problems. Talk to your health care provider.

Get answers to your nutrition questions.
Call 1-866-797-0000 (toll free) to talk to a registered dietitian or visit www.unlockfood.ca.

Building blocks of good nutrition

Spread protein-rich foods over the day as they help you to stay strong and maintain muscle strength.

- Save money by enjoying more meatless meals. Try adding beans, peas or lentils to soups, salads and casseroles. Toss in nuts or seeds when making a salad or stir fry.

Vegetables and fruit protect you from some types of cancer and heart disease.

- Include a vegetable or fruit choice at every meal or snack.

Source: SOYF WA®
Revised 02/2017

(over)

Stay hydrated

Fluids help you to be healthy and energized. Aim for a fluid intake of about:

- 2.2L (9 cups) for adult women each day
- 3L (12 cups) for adult men each day

Water is one of the best fluid choices. Carry a container of water with you throughout the day. Other choices include milk or fortified soy beverages, fruit juice, broth, soups and coffee or tea. Alcoholic drinks do not count. They can impair your thinking and lead to a loss of coordination.

Eat together

Invite a friend to share a meal or look for opportunities to eat in groups at social gatherings.

Shake the salt habit

Eating too much salt can raise blood pressure and increase your risk of heart disease.

- Choose whole foods and cut down on fast foods, pre-packaged meals and processed meats. Rinse canned foods.
- Make your own soups, sauces and salad dressings.

Source: SOYF WA®
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How are my eating habits?

The best way to move forward with eating better every day is to start with goals you can really meet. Review how you are eating and set a personal goal using the example below to help.

What positive steps am I already taking?	What changes might help me stay on my feet?	How will I make these changes? Is there anyone I need to contact?	When will I make these changes?
I have started to drink milk every day. I have dinner with my grandchildren once a week.	I will start to eat breakfast every morning so that I am eating 3 meals per day.	I will buy oatmeal and fresh eggs to have on hand for my breakfasts.	I will purchase these items tomorrow when I buy my groceries.

Who else do you know who would benefit from this information?

Stay Active, Stay Independent and Stay On Your Feet!

For more information about risk factors for falls or local falls prevention programs, contact your local health unit.
www.stayonyourfeet.ca

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