

## Shopping list – fridge and pantry staples

- Cereal e.g. rolled oats or Weet-bix®
- Rice (microwave sachets are convenient)
- Pasta
- Bread
- Raisin bread
- Crumpets, pikelets
- Savoury biscuits e.g. Jatz®, Ritz® or Water Crackers
- Sweet biscuits e.g. shortbread, choc chip cookies, cream filled biscuits
- Cake
- Fruit cake
- Baked Beans
- Canned spaghetti
- Quality canned soup
- Jars of pasta sauce
- Tinned tuna, sardines or salmon
- Nut butter e.g. peanut butter
- Jam or honey
- Sauces – tomato, barbecue, sweet chilli
- Cheese
- Condiments – mayonnaise, salad dressing, mustard, pickles, chutney
- Fruit – fresh, dried or canned
- Milk – UHT or fresh
- Custard – UHT or fresh
- Yoghurt – flavoured or plain
- Cold meat e.g. ham or corned silverside
- Eggs
- Frozen mixed vegetables
- Frozen meat
- Bread (can be kept in the freezer)
- Frozen fish pieces – crumbed, flavoured or plain
- Frozen individual pies or quiches
- Frozen apple pies or other frozen desserts e.g. crumbles, ice creams

Ask if your Meals on Wheels provider meets the National Meal Guidelines. If they do, then you can be sure that the meals you are receiving are a good source of protein, energy and fibre as well as other nutrients for good health. If you follow the recommended meal ordering guidelines then one meal will provide you with up to half of your daily requirements for protein and around one third of your daily requirements for energy, fibre and most other nutrients (except calcium).

*Meals on Wheels Services are located across NSW, so it's likely there will be one close to you! Check out [www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au) for more information, or phone (02) 8219 4200 to find your local Meals on Wheels Service.*

### Want more information?

- Contact Meals on Wheels NSW [www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au) for more information, or phone (02) 8219 4200
- Find an Accredited Practising Dietitian near you [www.DAA.asn.au](http://www.DAA.asn.au)
- Australian Dietary Guidelines [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### References

- <sup>1</sup> Australian Meals on Wheels Association (2016) National Meal Guidelines: A Guide for Service Providers, Caterers and Health Professionals Providing Home Delivered and Centre Based Meal Programs for Older Australians. Australian Meals on Wheels Association

## Living healthily beyond 65 years of age

More than just a meal



*At Meals on Wheels NSW we recognise the important role that food plays in everyone's lives, and we believe that food is to be enjoyed. We want your meal experience to be wholesome, tasty and nurturing for your body, and that's what our Services aim to deliver.*

[nswmealsonwheels.org.au](http://nswmealsonwheels.org.au)   

## Meals on Wheels is here to help you

Did you know that your body's nutrient needs change as you get older? A lot of people believe that you need to eat less than you did when you were younger but this is not always the case. In fact, as you get older your needs for some nutrients increase. Meals on Wheels can help you to meet your body's nutrient needs through the provision of wholesome, nutritionally balanced soups, salads, sandwiches, meals and desserts.

Meals on Wheels NSW Services are striving to meet the new Australian Meals on Wheels Association National Meal Guidelines<sup>1</sup> which ensure our meals are both nutritious and delicious! Ask if your local Meals on Wheels Service offers breakfast and lunch packs too – these are really helpful in times of need.

Food should be tasty and nourishing – at Meals on Wheels NSW we believe in the power of great food – delivered with a smile – to change lives!

As Maggie Beer put so well,

*“I can think of no better way to respect our elderly than by providing them access to good food.”*

## Older people have different nutritional needs

Older people have higher requirements for protein, calcium and Vitamin D than younger adults. Eating a wide variety of foods, with regular meals and snacks will help to ensure you are getting all the nutrients that your body needs for good health.

Did you know that weight loss is not a normal part of getting older? In fact, carrying a few extra kilograms is actually beneficial as you get older, it means your body has some reserves to draw from if you get sick. If you're losing weight it could mean you're not eating enough. For most older people weight loss is not recommended (unless done with professional supervision).



## Meals on Wheels are designed with older Australians in mind

Meals on Wheels NSW supports the National Meal Guidelines. Meals that meet the Guidelines are specifically designed to meet the nutrient needs of over 65's. A trained Meals on Wheels Volunteer delivers meals to your door (and will stop and have a chat to you too!). The delivery of the meal is complimentary, and if we notice any physical or psychological decline we will initiate a review to ensure our customers' health and safety needs are met. Early intervention can help prevent falls and possible hospitalisation.

*We offer peace of mind and regular monitoring at no extra cost.*

Meals may be delivered hot, chilled or frozen for you to heat up in your own oven or microwave. Your local Meals on Wheels service will have a range of foods for you to choose from on their menu, so you can choose the types of foods you like to eat. Most services offer hot meals and desserts, plus soups and sandwiches.



## How are Meals on Wheels different from supermarket frozen meals?

Meals on Wheels main meals that meet the National Meals Guidelines (NMG's) are prepared with the over 65's in mind. Most supermarket frozen meals are smaller overall, contain much less meat and vegetables, and are lower in protein and energy in comparison.

	MOW NMG compliant main meal (meat or salad dish)	Supermarket frozen meal*
2-3 serves vegetables	Yes	No
At least 100g meat/protein equivalent	Yes	No
Excellent source of protein (>30g/serve)	Yes	No
Excellent source of energy	Yes	Not usually

\* Results obtained from an assortment of supermarket frozen meals representing a range of brands.

Remember that you still need to eat well throughout the rest of the day too!

## Eat well – don't restrict yourself

Since older adults often have smaller appetites sometimes it can be difficult to eat enough food to meet your energy (calorie) needs. It's OK (and encouraged if you're on the thin side) to make dessert a regular habit. Try adding yoghurt, custard, cream or ice cream to your fruit for added flavour, or enjoy a piece of cake or a few biscuits with your cuppa at morning and afternoon tea. If you're not overly hungry at a meal time then have a chunky, nourishing soup, but make sure that you have some bread and butter with it and a dessert as well if you can fit it in!

In general, older people do not need to be on a low-fat diet. Fats and oils are a very important part of our diet – they provide essential energy and vitamins. Splash tasty extra virgin olive oil onto your salads, melt butter or margarine onto your vegies or mash avocado onto your toast!



## Sample meal plan (to meet the dietary requirements of an average 71 year old person)

This sample meal plan gives you an idea of what eating well looks like...

### BREAKFAST

- Porridge with milk and sugar or two eggs on wholemeal toast
- A few prunes

### MORNING TEA

- Raisin toast with margarine or a muffin or some biscuits

### LUNCH\*

- A sandwich on wholemeal bread with cold meat and cheese (or egg, or tinned fish e.g. salmon or tuna)
  - Add salad such as lettuce, tomato, cucumber and grated carrot (or whatever you have in the fridge)
  - Use mayonnaise, mustard, chutney or pickles to add extra flavour
- A piece of fruit or some yoghurt



### AFTERNOON TEA

A hot or cold milk drink such as Milo® or Aktavite®

### DINNER\*

- A hot meal with meat, fish or chicken, some carbohydrates such as potato, rice or pasta and 2-3 different types of vegetables. If you're a vegetarian then you need to make sure that lunch and dinner include good quality protein such as eggs, cheese, legumes, nuts or tofu.

### DESSERT

- Banana and custard or chocolate pudding and ice cream

### DRINKS DURING THE DAY

- Make sure you have a drink at every meal and snack

\* You can swap lunch and dinner around if you prefer a bigger meal in the middle of the day and a lighter meal at night time.

## What about other health conditions?

In the past, you may have followed a special diet for health reasons, but as you get older you may be able to relax dietary restrictions, especially for conditions like diabetes and high cholesterol. The foods that are recommended for diabetics have changed a lot in recent times –

you no longer need to avoid anything sweet or with sugar in it, and you don't need special desserts with artificial sweetener anymore either. If you do follow a special diet of some sort check with your Doctor or Dietitian to see if it's still necessary.

## Be active, stay strong!

Exercise can help to improve strength, balance and mobility, so be as active as you can be! Aim for 30 minutes of moderate intensity exercise every day. This will be different for everyone – it could be walking, swimming, gardening, dancing, climbing stairs or lifting weights (a simple weight can be made from a can of baked beans or a milk container filled with water for something heavier).



Protein from foods we eat, as well as using your muscles by being active helps to build and maintain healthy muscles. Losing muscles means losing strength, and increases the risk of falls. Meat, fish, chicken, eggs, nuts and dairy foods are all good protein sources.

## Get some time in the sun

Did you know that exposing skin to the sun for around 15 minutes a day is essential for our bodies to produce Vitamin D? Vitamin D helps the absorption of calcium into bones – not having enough Vitamin D can lead to brittle, weak bones and a high risk of breaks or fractures. Avoid the sun during the hottest part of the day so you don't get burnt though!

## Easy snack ideas

- Yoghurt
- Custard
- Raisin toast
- A handful of nuts
- Avocado on toast
- Fruit cake with butter
- Fruit with yoghurt or custard
- Cheese or dip and biscuits
- Peanut butter sandwich or toast
- Pikelets or pancakes from the supermarket with butter and jam
- Eggs on toast, poached, fried or scrambled
- Toasted sandwich with ham, cheese and tomato
- Baked beans on toast
- Tinned tuna, sardines or salmon on toast
- Left-over cooked rice with a tin of tuna or salmon
- A glass of milk with a few sweet biscuits



## Drink plenty of fluids

Your fluid requirements don't change as you get older – you still need to drink about 1.5-2L fluids each day to prevent dehydration and urinary tract infections (UTI's). In hot weather you need to drink even more than this.

