



# STAY ON YOUR FEET<sup>®</sup>

Move

Improve

Remove

## FUEL YOUR BODY

A guide to eating well



Visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au) or call 1300 30 35 40

# FALLS ARE PREVENTABLE

Follow these three steps to help prevent slips, trips and falls to allow you to live well and get on with enjoying life.

## Move Your Body

Moving your body regularly will improve your balance and posture, strengthen your muscles and bones, and improve your overall fitness level and general wellbeing.

## Improve Your Health

Looking after your health and wellbeing is especially important as you get older to allow you to stay independent and prevent illness and injury. It's important to be aware of your physical and mental health. If you notice any changes such as feeling dizzy, pain, drowsy or depressed, please see your GP.

## Remove Hazards

As your body gets older changes occur. Feel confident that you can adapt to these changes and make your home safer so that you can continue to live an active and independent life.

# FUEL YOUR BODY TO PREVENT FALLS

Healthy eating has many benefits and gives you the right amount of energy you need. Our body always needs energy, but some forms of energy are better than others. By fuelling your body with the right types of energy, you can age healthily and stay strong and active.

Simple changes in the food you eat and drink can make a big difference in preventing falls. When your body is not getting enough nutrients and water, you may become dizzy, weak, get headaches or lose focus. This can put you at risk of a fall. Making sure you eat to stay healthy should be part of your everyday activities.

## Who can help fuel your body?

Fuelling your body is a team effort. Many changes are simple and can be made by you, a friend or a family member, or with extra support from a home care provider. If you need help, speak to your GP or one of the following health professionals or organisations.

<b>To access home care</b>	<a href="http://myagedcare.gov.au">myagedcare.gov.au</a> / 1800 200 422
<b>To find a dietitian</b>	<a href="http://daa.asn.au">daa.asn.au</a> / 1800 812 942
<b>Nutrition Australia</b>	<a href="http://nutritionaustralia.org">nutritionaustralia.org</a>
<b>Foodbank</b>	<a href="http://foodbankwa.org.au">foodbankwa.org.au</a>
<b>LiveLighter</b>	<a href="http://livelighter.com.au">livelighter.com.au</a>
<b>Eat For Health</b>	<a href="http://eatforhealth.gov.au">eatforhealth.gov.au</a>

# EAT REGULAR MEALS AND SNACKS TO STAY STRONG AND FUEL YOUR BODY

Eating regular, healthy meals from a variety of food groups keeps you strong and reduces your risk of having a fall.

## Tips for healthy eating:

- Don't skip meals, even if you don't feel hungry
- Try several smaller meals throughout the day
- Grow your own fruit and vegetables
- Add herbs and spices for flavour instead of salt

Make meal times fun by trying new recipes, cooking and eating with friends or family or joining a cooking class.

## Make sure every meal or snack is made up of nutritious foods from the five food groups to keep your body working well.

Eating a variety of foods helps your body get the different nutrients and vitamins you need.

### The five main food groups are:

- Grains (cereal)
- Vegetables
- Fruit
- Dairy
- Lean meats and poultry, fish, eggs, tofu, nuts, seeds and legumes / beans



# CALCIUM AND VITAMIN D

Calcium and weight bearing exercises help to strengthen your bones, prevent bone loss and keep you on your feet.

## High calcium foods include:

- Milk and milk products
- Leafy green vegetables
- Soy and tofu
- Fish with bones, such as canned sardines and salmon
- Nuts and seeds, especially almonds.

Vitamin D helps your body absorb more calcium

## Sources of vitamin D include:

- Natural sun light
- Fatty fish such as tuna, salmon and mackerel
- Fish liver oil
- Products which are fortified with vitamin D

Some people may need supplements, if you are considering this you should first speak to your GP.



# COST EFFECTIVE COOKING

Food shopping isn't always fun. Unhealthy food options, availability, use-by-dates and budget can impact what we choose to buy, cook and eat. However there are simple ways to overcome these problems.

## Tips for cost effective cooking:

- Keep your kitchen well stocked with long lasting staples
- Buy in bulk and freeze
- Plan your meals
- Use a shopping list to buy only what you need
- Check for items on sale or home brands
- Avoid buying and storing junk food for visitors
- Travel with a friend to the shops for a social activity and to help reduce travel costs

*Keep your kitchen well stocked with long lasting staples*



# PREPARING HEALTHY MEALS

Eating healthy, nourishing meals can be simple.

## Tips for preparing healthy meals:

- Cook big batches of your favourite foods to freeze
- Learn new cooking skills with cooking classes, recipe books or cooking shows
- Try new recipes using ingredients you have at home
- Use frozen and canned vegetables
- For sweetness, add fruit instead of sugar
- Have a range of healthy snacks available to choose from, like fresh fruit, vegetables and nuts



# DRINK MORE WATER TO HELP YOU STAY HEALTHY AND ACTIVE

Drinking water keeps you hydrated, especially during the warmer months and when you are being active.

## Tips for staying hydrated:

- Speak to your GP about how much you should drink each day
- Drink a glass of water first thing in the morning
- Keep a water bottle with you, at home and when going out
- Have water with all meals and drink between bites

If you avoid water due to incontinence speak to your GP.



# DRINK LESS ALCOHOL TO KEEP YOUR BRAIN AND BODY HEALTHY

As you get older, alcohol affects your body differently. It reduces your alertness, reactions, coordination and more.

## Tips for drinking less alcohol:

- Keep less alcohol in the house
- Avoid filling wine glasses up fully
- Drink slowly
- Have one drink, followed by a glass of water
- Add ice or water to your drink
- Eat before, and while, you drink alcohol
- Seek advice from your GP if necessary

It is important not to skip meals when you are drinking alcohol.





**PREP: 30 mins**  
**COOK: 45 mins**  
**SERVES: 6**

**EACH PORTION:**  
**3 serves of**  
**vegetables**

## ZUCCHINI SLICE

### Ingredients

5 eggs  
pepper  
1 large zucchini, grated  
400 g carrot, sweet potato or pumpkin, peeled and grated  
1 1/2 cups canned corn kernels or frozen peas, drained  
1 medium brown onion, peeled and diced  
2 tsp dried mixed herbs  
3/4 cup wholemeal self-raising flour  
1 cup reduced-fat cheddar cheese, grated  
olive or canola oil spray  
3 large tomatoes, sliced, optional  
green side salad, to serve

### Method

1. Preheat oven to 200°C (180°C fan forced).
2. Whisk eggs in a medium jug, season with black pepper and set aside.
3. In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.
4. Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.
5. Bake for 40-45 minutes or until firm and golden brown.
6. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

**Serving Suggestion:** Serve hot or cold, as a healthy favourite for toddlers, children and adults alike. Great to take on a picnic, served as a finger food cut into small squares.

**PREP: 5 mins**

**COOK: 0 mins**

**SERVES: 4**

**EACH PORTION:**

**2 serves  
of fruit**



## BERRY BIRCHER MUESLI

### Ingredients

2 cups rolled oats, uncooked

1/2 cup sultanas

1 cup unsweetened apple juice

1 cup water

2 apples, core removed,  
coarsely grated with skin on

2/3 cup low-fat natural yoghurt

2 cups strawberries or other  
berries, fresh or thawed from  
frozen

### Method

1. Place oats, sultanas, juice and water in a 2-litre container with a lid.
2. Mix to combine, cover and refrigerate for at least an hour, preferably overnight.
3. Just before serving, stir in apple and yoghurt and top with berries.

**Serving Suggestion:** Top with passionfruit pulp and other seasonal fruit including sliced bananas, papaya or pear.

### Variations

- Replace apple juice with unsweetened orange or pineapple juice.
- Replace sultanas with mixed dried fruit, currants, diced dried apricot or figs.
- Stir through a tablespoon of toasted nuts such as almonds, pistachios or hazelnuts, just before serving.



To order this and other free Stay On Your Feet® resources  
visit [www.injurymattersquickmail.com.au](http://www.injurymattersquickmail.com.au)

For more information on how to prevent slips, trips and falls  
visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

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