



ISSUED BY THE NEW ZEALAND DEPARTMENT OF HEALTH

Food for the Elderly



MILK: (To prevent breaking of ageing bones.) As near 1 pint as possible in drinks, puddings, soups and sauces, and on porridge and puddings.

MEAT, FISH, LIVER, etc: As much as any sedentary person eats.

EGGS: Whenever possible.

CHEESE: If it agrees, as often as it is liked.

POTATOES, VEGETABLES: The desired quantity, but both should be eaten daily.

FRUIT: Bananas, pears and any seasonable peeled fruits are important.

The elderly people of the community need to be as well fed as any other age group, but the food arrangements required to keep them well are somewhat different from those of their younger days. For instance, smaller quantities of food are beneficial, as overweight is dangerous.

At this stage of their lives personal likes and dislikes have to be considered, but the day's food should include:—

BUTTER AND FAT:

Fried foods should be served only occasionally. Plenty of butter can be used by those not overweight.

BREAD: Small amounts cut thin. Bread and butter should not take the place of any of these other foods.

CEREALS: Oatmeal porridge is best, but the finer brands are usually preferred.

SUGAR: Plenty of sugar and sweet food and plain boiled sweets, again for the not overweight.

IODISED SALT: Not too much salt should be used — sufficient to make food savoury in cooking so that less need be added at the table.

SCONES, CAKE, BISCUITS, HONEY, JAM, PEANUT BUTTER and YEAST EXTRACT may all be included, but it is not wise to eat any of these to the exclusion of the above foods.



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