



Stay On Your Feet...

STEP 8 Eat well for life

What you eat affects your risk of falling. If you skip a meal, don't eat enough, or don't eat nutritious foods, you may become dizzy, weak, light headed or have trouble concentrating. Drinking too much alcohol will also impair your judgment, coordination and concentration.

Keep your bones strong

Prevent osteoporosis. This condition causes your bones to become smaller, more fragile, and more likely to break. You can prevent osteoporosis by eating foods rich in calcium and vitamin D. Good sources of vitamin D include:

- Egg yolks
- Fatty fish, such as salmon
- Foods fortified with vitamin D (low-fat milk, yogurt and fortified soy beverage)
- A daily 400 IU vitamin D supplement (recommended by Canada's Food Guide)

Building blocks of good health

- Vegetables and fruit are important for good health. They are packed with vitamins, minerals and fibre. They also protect you against cancer and osteoporosis.
- Canada's Food Guide recommends people over 50 years eat seven servings of vegetables and fruit each day.

Stay hydrated

- Aim for six to eight cups of fluids each day. Fluids are essential to healthy living.
- Water is a great way to quench your thirst, but there are many other ways to get fluid including vegetable and fruit juices, low-fat milk, fortified soy beverages, soups, coffee, and tea.

Shake your salt habit

- Eating too much salt can raise blood pressure, which can lead to heart disease.
- Reduce salt by cutting down on processed foods, such as fast foods, processed meats and canned soups.

Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

How are my eating habits?

Review how you are eating and complete the table below.
An example is given 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?
<p><i>I limit the amount of foods I eat that have a lot of salt in them</i></p> <p><i>I have dinner with my grandchildren once a week</i></p>	<p><i>I will eat 3 meals per day with a few healthy snacks; I often skip breakfast</i></p>	<p><i>I'll get a copy of Canada's Food Guide to make sure I'm getting all 4 food groups in my diet</i></p>

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