

Media

**The Southern Daily Echo
(Southampton)**

Date: 16/05/2006

Type: General Consumer

Frequency: 300/Per year

Circulation: 41469 (ABC)

MediaDisk Ref: U67B-1050

Page: 26

Order

203850001

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Salad days

Help hold back
the years with
our healthy
eating tips

HEALTHY eating tips for the over 55s aimed at beating health defects such as heart disease and memory impairment, have been compiled by Audley, one of the UK's leading providers of premium retirement properties.

Chef Spencer Winter is a chef for Audley and has a keen interest in specialist diets for the over 55s. He says: "It is now widely recognised that a healthy lifestyle is more important than genes in helping older people avoid the physical deterioration and chronic illness associated with ageing. Poor attention to diet can lead to many health defects, including osteoporosis, memory impairment, heart disease and a decreased ability to fight infections."

Chef Spencer Winter has the following tips for mature adults looking to improve their diet:

FRUIT AND VEG

● Pack your diet full of fruits, vegetables, nuts and grains. They are all packed with antioxidants which fight the ageing process

SOMETHING NEW

● Look beyond the usual - you're never too old to try something new! Try different varieties of melons, potatoes or greens. Why not make a fruit salad with mango, papaya, passion fruit or other fruits that are new to you.

CALCIUM

● Milk, cheese and yoghurt are all good sources of calcium but remember to choose

low fat alternatives when you can.

PLENTRY OF WATER

● Drink lots of water - eight glasses of water a day is the recommended amount. We have a decreased sense of thirst as we age so always be conscious of the amount you have consumed.

SPICE IT UP

● Ageing can cause a loss of taste and sensation, so use spices to enhance the flavour of foods.

MEAT INTAKE

● If you eat red meat, try to limit portions to three ounces or less a day. Too much red meat is thought to increase the risk of cancers.

GIVE IT A GRILLING

● Older adults need less calories so if continue you to eat the same foods as you grow older, you face a risk of obesity. Make subtle changes to your diet such as grilling or oven cooking food rather than frying.

VITAMINS

● As you age, you may need extra vitamin C, D and/or iron. Good sources of iron are pulses such as peas, beans and lentils, sardines, eggs, bread, green vegetables. Vitamin C helps the body absorb iron so try some citrus fruit before



Ms Barbara Brooks
The Raven Group
Swan Court
Waterman's Business Park
Kingsbury Crescent
Staines, Middlesex
TW18 3BA

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dinner or a glass of fruit juice.

SALT INTAKE

● Reduce salt intake to no more than 6g a day, check labels and avoid processed foods. Use

black pepper, herbs and spices instead of salt to flavour food.

Spencer says: "It is now widely recognised that a healthy lifestyle is more important than genes in helping older people avoid the physical deterioration and chronic illness associated with ageing. Poor attention to diet can lead to many health defects, including osteoporosis, memory impairment, heart disease and a decreased ability to fight infections.

"By adopting sensible diet and exercise habits, you can enjoy the rewards of a longer, healthier life. Make change easier by taking it one step at a time. Seek out support, build on your successes and enjoy the benefits you'll receive from doing positive things for your health."



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