

# *Eat Well*

## *A guide for older people in Scotland*





**Fruit and vegetables**

**Meat, fish, eggs, beans and other non-dairy sources of protein**

**Oils / spreads**

**Milk and dairy food**

**Bread, rice, potatoes, pasta and other starchy food**

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# Introduction

It is worthwhile to take some time to think about the food you eat. You probably know a fair amount about what is good and bad for you and that eating a healthy balanced diet is one of the best ways to keep well. However, for many different reasons this does not always happen.

Whether you cook yourself, get help with meals, or go to a local group for lunch, this booklet provides ideas and practical suggestions which can help you maintain a healthy diet. A good diet can help to help keep both physical and mental health complications at bay.

You should enjoy your food. Eating the same regular boring meals can get you down, but trying something new or re-visiting meals you have not had in a while can be a good start towards to a happier and healthier future. You may not need all the information at once, so feel free to dip in and out of this guide to find the parts that are useful to you.

This guide includes information about organisations which provide specialist advice and has information at the back about the healthcare professionals who can help you.

For information and advice about any of the topics raised in this booklet, call the **Age Scotland helpline** on **0800 12 44 222**. The helpline team provide advice about issues including services in your area, benefits, housing and care. You could also just call us for a chat! If you are looking for medical or dietary advice, you should speak to your GP or dietitian.

# 1: Your health



## *Basic eat well guide*

Some foods have more to offer nutritionally than others, but this doesn't mean you have to give up everything you enjoy eating to be healthier. Almost anything can fit into a healthy diet if eaten only occasionally and in moderation. Overall, it is the combination and quantity of foods which are important to help your body stay healthy over time.

As you get older, your body needs slightly fewer calories to function as your metabolism slows down and people generally become less active. However, you still need the same amount of vitamins and minerals in your diet. Older people need roughly 200 calories less per day (this is approximately two apples).

If you are underweight, have a reduced appetite or feel weak, perhaps due to a lack of the right balance of foods in your diet, you should get advice from your GP or a dietitian.

The 'eatwell' guide (found on the inside of the front cover) shows how much of each food group you should eat in order to have a healthy balanced diet. The guide is divided into segments to demonstrate each food group, and the general share of our plate each should take up. You do not have to follow this with every meal – it can be achieved over a day or even several days.

The main food groups that make up the 'eatwell' guide are explained on the following pages.



## **Fruit and vegetables**

Fruit and vegetables are good sources of vitamins and fibre and it is recommended that everyone should eat at least five portions of a variety of fruit and vegetables every day. A portion could be an apple, pear or banana, a slice of melon or pineapple or three heaped tablespoons of vegetables. Fresh, frozen, dried or tinned varieties all count towards your daily intake. Research shows that people who regularly eat plenty of fruit and vegetables are at a lower risk of developing heart disease, some cancers and having a stroke.



## **Starchy foods**

Starchy foods such as rice, pasta, bread and potatoes are used for energy and should make up around a third of everything you eat. Try to choose wholegrain or wholemeal varieties such as brown rice wholemeal bread or wholewheat pasta, as these contain more fibre than the white varieties, which helps with digestion. Starchy foods are also good sources of calcium, iron and vitamin B. One portion could be 2 tablespoons of cooked pasta, rice or noodles, an egg-sized potato or three tablespoons of cereal.



## Dairy

Dairy foods such as milk, yoghurt and cheese are good sources of protein and are rich in calcium which is important for healthy bones and teeth. A serving could be a glass of milk (200ml), a pot of yoghurt or a matchbox size piece of cheese. You should aim to eat three servings a day but it is best to choose low fat versions such as semi-skimmed milk and low-fat cheese if you are overweight.



## Meat, fish and protein alternatives

A portion of protein such as meat, fish, eggs or beans should be eaten with at least two of your daily meals. Protein is important for growth and repair of the body and it also contains important vitamins and minerals such as iron and vitamin B. Try to eat at least two portions of fish a week, particularly oily fish such as salmon and sardines. These are rich in vitamin D which is thought to help protect against heart disease and also Omega 3 which is believed to benefit the health of our brains over time. A portion of protein is 140g (5oz) of fish, 80g (3oz) of meat or 2-3 heaped tablespoons of beans or pulses.



## ***Oils and spreads***

You need a small amount of fat in your diet but it is important to be careful about the type of fat you are eating. There are two main types of fat – saturated fat and unsaturated fat. Unsaturated fats are healthier fats that can help reduce cholesterol levels and are found in foods such as olive oil, rapeseed oil and vegetable oil.

All types of fat are high in energy and you should not eat much of them. A low-fat diet helps to reduce the chances of developing heart disease or having a stroke. It will also help you to maintain a healthy weight.

## ***Foods high in fat, salt and sugar***

These foods are not needed in the diet and so should be eaten infrequently and in small amounts. Too much of these foods in the diet can increase the risk of things like heart disease, weight gain, tooth decay and strokes.

Saturated fat is found in foods like cakes, biscuits, sausages, pies, butter, cream, pastries and chocolate. It is known to raise the ‘bad’ type of cholesterol in the blood.

**A high level of saturated fat in food is:**

more than 5g saturates per 100g

**A low level of saturated fat in food is:**

1.5g saturates or less per 100g

You can check the amount of saturated fat in foods by looking at their labels. In ready-made food the ‘traffic-light’ labels should say how much of the fat in the food is saturated. See the section on food labelling for more information.

**Sugar** found in foods such as sweets and biscuits is an energy source for the body. However, foods with high levels of sugar should only be eaten occasionally and in small portions as they are high in calories, can cause weight gain and lead to health problems. More than 22.5g of total sugars per 100g (about 6 teaspoons) is classed as high in sugar. Some foods have sugar content you might not notice. These can include low fat foods which often contain extra sugar to make them taste good. Some fizzy drinks also contain very high levels of sugar. Always check the label.

Eating a lot of **salt** can raise blood pressure which is a risk factor for a number of serious health conditions, including heart disease and stroke. It is recommended that adults should eat no more than 6g (about a teaspoon) of salt a day. Most of the salt we eat is hidden in our food so adding salt to food often leads to eating too much of it. If you add a lot of salt to your food, try cutting down gradually to allow your taste buds to adjust.

Processed foods, ready meals and packet soups can be very high in salt so check the labels and aim to choose the lowest salt option.

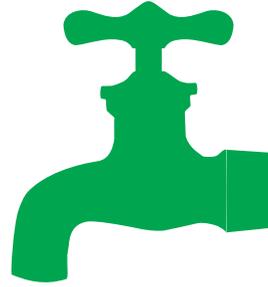
## Staying hydrated

The amount of water you drink has a direct effect on your health and wellbeing. Drinking too little can lead to headaches, tiredness, lack of energy and light-headedness. These side effects can contribute to serious problems such as trips and falls, constipation, and low mood. Dehydration can also make the symptoms of some health conditions worse, including dementia.

The national guidance states that you should ideally drink around 6-8 glasses of fluid a day. Your best option is to drink water, but tea, coffee, hot water, herbal teas, milk, diluted fruit juices or squash can all be a good source of fluid intake. Avoid having sugary fizzy drinks on a regular basis as they have a surprising amount of sugar in them. For example, a 330ml can of fizzy juice could contain up to 10 teaspoons of sugar.

Eating foods which contain a lot of water can help you to stay hydrated too. These include soups, stews, custard, jelly, fruit and vegetables.

The amount of fluid you should drink depends on factors including your size, how physically active you are, medication you take, the temperature of your home and your health. As people get older, their awareness of when they need to drink can become less effective. Keep a full glass next to you or take a water bottle if you're going out so you are more likely to drink regularly.



## Alcohol

Alcohol is enjoyed by many people and it frequently plays a part in socialising in Scotland, but drinking too much can cause serious health problems. In all drinks containing alcohol, the alcohol content is measured in units and the recommendation is that:

- to keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days.

**2 alcohol-free  
days per week**

**2-3 units per day**



If you are taking any medication, check with your pharmacist or read the guidance that comes with it to find out if it is safe to drink alcohol.

NHS Inform can give advice about alcohol; see their website **[www.nhsinform.scot](http://www.nhsinform.scot)** or call **0800 22 44 88**.

If you are concerned about your own or someone else's alcohol consumption, you can contact Drinkline or Alcoholics Anonymous for support:

Drinkline: **0300 123 1110**

Alcoholics Anonymous: **0800 9177 650**  
or **[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)**

Drinkaware: **[www.drinkaware.co.uk](http://www.drinkaware.co.uk)**

## Worried about your weight?

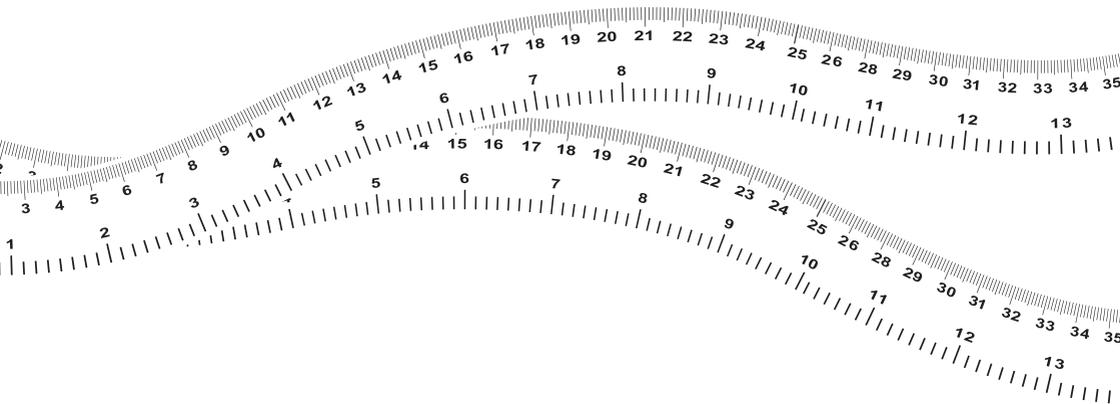
Small changes to our weight are perfectly natural but more significant changes can affect our quality of life.

Being **overweight** can make people much less mobile and puts you at risk of developing problems with our joints and conditions such as heart disease, stroke, diabetes and some cancers.

Being **underweight** has risks too. Weighing too little can affect your immune system and bone strength and may affect how tired you are.

**Both** can have a negative impact on mental health.

If you have noticed a change in your weight or have any worries at all about this, speak to your GP or practice nurse for advice. They can check if you are a healthy weight for your height and can give you advice about eating healthily and how to safely make changes to your diet. They may refer you on to a specialist for further advice to help you lose or gain weight.



## Malnutrition

Malnutrition occurs when someone's diet does not meet their nutritional needs. It is estimated that 1 in 10 people over the age of 65 are at risk of or suffering from malnutrition.

Older people are at a higher risk of malnutrition than younger people because of factors such as a decreased sense of taste and smell, poor appetite and dental problems.

Other pressures in peoples' lives such as loneliness and isolation can also affect how well people eat. Malnutrition can result in illness, delayed recovery from illness, more GP and hospital appointments, hospital admissions, longer stays in hospital and a higher risk of having to go back into hospital after discharge.

### **Signs and symptoms of malnutrition**

- Loss of appetite
- Weight loss
- Clothes, rings, jewellery and dentures becoming loose
- Poor concentration
- Tiredness and loss of energy
- Altered mood
- Eating and drinking less than normal
- Difficulties with swallowing
- Low Body Mass Index (BMI <18.5kg/m<sup>2</sup>)

If you have a reduced appetite or are losing weight unintentionally then try eating little and often. Eating 3 small meals and 3 snacks a day can help maintain your weight.

To help prevent weight loss try fortifying your meals and drinks with high protein or high calorie foods - here are some ideas:

- Full fat milk or cream – make milkshakes or add to teas, coffees, soups and puddings.
- Dried skimmed milk powder – whisk 2- 4 tablespoons into a pint of milk.
- Add knobs of butter, margarine or cream to potatoes.
- Sprinkle grated cheese on top of dishes - baked potatoes or spaghetti bolognaise.
- Add creamy sauces to dishes - macaroni or cauliflower cheese.
- Adding cooked meat, fish, beans, lentils and other pulses to soups and sauces can increase the protein content of the meal.
- Honey, chopped nuts or dried fruit can be added to hot puddings, cold desserts, cereals or porridge.
- Add mayonnaise, salad cream or dressings to sandwiches and salads.

Losing weight is not an inevitable part of ageing. If you are concerned with your weight then go to your GP who may refer you on to a dietitian.

## Healthy bones

Keeping your bones healthy is important and the food you eat plays a big part in this. As you get older, your bones become thinner. However, if you look after them and keep them as strong as possible, there is less chance of breaking a bone if you fall.

Weight-bearing exercises (such as walking), eating a well-balanced diet rich in calcium, limiting how much alcohol you drink and stopping smoking can all help to look after your bones.

Good sources of calcium include:

- Milk, cheese and other dairy foods
- Green leafy vegetables, such as broccoli, cabbage and okra (but not spinach)
- Soya beans and tofu, or soya drinks with added calcium
- Nuts
- Bread and anything made with fortified flour
- Fish where you eat the bones, such as sardines and pilchards.

As well as calcium, you need vitamin D for healthy bones. You get most of our vitamin D from sunlight. If you can't get out and about easily, you might be given vitamin D supplements. Check with your GP to make sure you are getting enough vitamin D.

Speak to the National Osteoporosis Society for more information on **0808 800 0035** or see their website **[www.nos.org.uk](http://www.nos.org.uk)**.

***As you get older, your bones become thinner.***

## **Healthy muscles**

Your muscles become weaker as you age as you are unable to use protein in the same way to build muscle mass. This process is called sarcopenia, and weakening of skeletal muscle (the muscles which produce movement, maintain your posture, stabilise your joints and generate heat), can make it difficult for you to stay independent and do the things you used to do. If you eat less protein and fewer calories and have less exercise your muscles can become weaker too. This can cause:

- frailty
- reduced ability to do everyday tasks
- an increased risk of falls
- taking longer to recover from illness or injury

You can reduce your risk of these problems by having a healthy balanced diet including enough protein and having regular exercise. Simple exercise, like going for a walk every day, can help prevent sarcopenia and research shows that Tai Chi seems to be a particularly good form of exercise for older people.

## Staying active

Keeping as active as possible can really encourage your appetite. It can also help both physical and mental health and plays a big part in staying as independent as possible in later life. Getting out and about regularly can also help you keep in touch with family and friends; keeping in touch with people is good for you too, as it reduces the risk of loneliness and isolation which can contribute to poor health.

The recommended amount of physical activity differs from person to person. Factors such as weight, mobility and existing medical conditions should be taken into account. If you are not sure what you should and shouldn't do, speak with your GP before starting any new exercise.

There are many ordinary daily activities that you can do to keep active, such as walking, gardening or housework. 'Paths for All' have information on health walks in your area. Call them on **01259 218888** or see their website at **[www.pathsforall.org.uk](http://www.pathsforall.org.uk)** for more information. Many local libraries or information hubs also provide information about what's on in your area at leisure centres or community centres.

Even if you are already reasonably active, you may still want to ensure your strength, balance and bone health are at their best. Tai Chi and any form of dancing are great activities that benefit your bones, muscles and balance.

You can find more information about staying active from **NHS Inform** on **0800 22 44 88** or at **[www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/)**.

## Medication and food

Some foods do not interact well with certain medications. Speak to your pharmacist to check if there are certain foods or supplements that you should avoid.

Check your instructions: sometimes you may need to take medication in a certain way to make sure it works properly. This may be with just water, before or after a meal, or on an empty stomach so that it works effectively. You should also ask your pharmacist for advice about whether you can drink alcohol whilst taking medication as this can cause various health problems.

Some types of medication can make food taste bland or different in some way. Try using strong flavours like Worcestershire, brown or sweet chilli sauce or pickles to spice up the taste. You also lose taste buds as you age so sauces and spices can really help with heightening the flavour.

If you take several different medicines, your GP should review them regularly, in case you no longer need them or the dose needs to be changed. Your pharmacist may organise your medication into a 'blister pack' or you can buy pill boxes to make sure you have the right medicine at the right time of day.



## Specific diets

If you have a medical condition that means that you have to stick to a specific diet, you may feel confined by strict guidelines or perhaps confused because you have too little (or too much) information about what you can and cannot eat.

There are a few common conditions which affect the way you eat - and there are expert organisations which can help you.

### Coeliac disease

Coeliac disease is a lifelong autoimmune disease caused by intolerance to gluten. Coeliac UK have many resources, including a 'Gluten-free Checklist' which can help you identify which foods are safe for you to eat. You can download a copy from their website or ask their helpline for information.

Call the **Coeliac UK helpline** for advice on **0333 332 2033** or see their website **[www.coeliac.org.uk](http://www.coeliac.org.uk)**.

### Diabetes

Diabetes is a condition where the amount of glucose (sugar) in your blood is too high because the body cannot use it properly. Diabetes UK Scotland can provide specialist advice about diabetes and can also provide you with tips on how to manage your diet and enjoy your food.

Call the **Diabetes UK Scotland Careline** for advice on **0345123 2399** or see their website **[www.diabetes.org.uk/In\\_Your\\_Area/Scotland/Helpline-Scotland/](http://www.diabetes.org.uk/In_Your_Area/Scotland/Helpline-Scotland/)**.

## ***Inflammatory bowel disease***

The two most common forms of Inflammatory Bowel disease are Crohn's Disease and Ulcerative Colitis. In both Ulcerative Colitis and Crohn's, parts of the intestines or bowels become sore and inflamed.

For specialist information, call the **Crohn's and Colitis UK** information line on **0300 222 5700** or see their website **[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)**.

## ***Healthy eating and mental health***

There is growing evidence that the food you eat can affect your mental health.

Research has shown that isolation and loneliness is a known risk factor for malnutrition.

You might want to find out if there local activities you might enjoy such as a lunch club or walking sports club. Regular exercise and movement can have a positive effect on mental health too.

Call the **Age Scotland helpline** on **0800 12 44 222** and our Community Connecting service can help you find out what's on locally or call the **Food Train** on **01387 270800** to find out about local befriending.

The **British Dietetic Association** has information on its website about about food and mood:

**[www.bda.uk.com/foodfacts/foodmood.pdf](http://www.bda.uk.com/foodfacts/foodmood.pdf)**

and about food and depression:

**[www.bda.uk.com/foodfacts/depression\\_diet](http://www.bda.uk.com/foodfacts/depression_diet)**

## 2: The practicalities



### *Cooking on a budget*

If you are on a limited budget you are not alone. Many people in Scotland are finding it hard to make ends meet and cannot always afford to have balanced meals on a regular basis. The following ideas could really help you cut down on your spending whilst still enjoying a healthy, balanced meal.

#### *Stick to simple recipes.*

Avoid recipes with lots of different ingredients that you may not use up before they go out of date. Some recipes have few ingredients and can be prepared in a few minutes.

If you have access to the internet you can find recipes at **[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)**.

#### *Take your time in the shop. Think carefully about 'special offers'.*

Supermarket offers are not always the best value so it is worthwhile taking some time to look at the prices. The edge of the supermarket shelf will often be labelled with the price per 100g of a food which will help you to check whether a pack of three is cheaper than buying three items individually.

If you have access to the internet, visit **[www.moneysavingexpert.com](http://www.moneysavingexpert.com)** where you will find information and useful ideas to help you cut costs.

**4 FOR 5**

**3 FOR 2**

**2 FOR 1**



### ***Plan ahead.***

Make a list of what you would like to eat for the coming week and try not to be enticed by offers for items which are not on your list.

### ***Freeze food in batches.***

Label and freeze leftovers or extra food in batches so you can take one tub out at a time and heat it up when you need it. If you have bought something in bulk or from a 'buy one get one free' offer, check if it is suitable for freezing. If so, it is less likely to go to waste and it can be used at a later date.

Bread goes out of date fairly quickly and if you do not eat it every day much of a loaf may not be eaten in time. As bread thaws very quickly you can take it out of the freezer for about an hour before you are going to use it and it will be ready to eat. You can also put frozen bread straight into the toaster.

### ***Bulk meals up.***

Use foods that can be kept in your store cupboard or you can buy cheaply to add to a meal. For example you could add chickpeas, fresh vegetables or beans to a soup or a salad. Beans are packed with nutrients, such as fibre and antioxidants and they will also help you stay fuller for longer.



### *Try using a slow cooker.*

Slow cookers are simple to use as most only have two or three settings. They can also help you cut costs as you can use cheaper cuts of meat and still produce great tasting food as it cooks the meat gradually. To get the most out of this style of cooking, make a batch, leave to cool and then freeze for future meals. Slow cookers use less energy than a conventional oven therefore saving you money on your fuel bill.

If you need ideas about what to cook you might want to buy a slow cooker cookbook or see the BBC website for slow cooker recipes [www.bbcgoodfood.com/recipes/collection/slow-cooker](http://www.bbcgoodfood.com/recipes/collection/slow-cooker).

### *Try to cut down on food waste.*

Scotland currently throws away 630,000 tonnes of food and drink from our homes every year and most of this could have been eaten. This waste costs over £1 billion a year, or £460 for the average household. See the **Love Food Hate Waste** website [scotland.lovefoodhatewaste.com](http://scotland.lovefoodhatewaste.com) for more information.

If food really is no longer safe to eat your council should provide a food waste collection.



## **Problems with cooking**

For many reasons, a lot of older people find it difficult to cook. This may be because of a disability, illness or lack of motivation. Whatever the reason, there are lots of services that can help if you need it.

If you have problems cooking, speak to your local social work department. They can do an assessment to establish what you may need help with day-to-day, and cooking and preparing a meal is an important part of this. As part of the assessment, your local Occupational Therapist may visit to advise you on equipment that can help in the kitchen.

If you want to find out what equipment might help, you can find information from the Disabled Living Foundation website **[asksara.dlf.org.uk](http://asksara.dlf.org.uk)**.

Disability Information Scotland: **0300 323 9961**  
**[www.disabilityscot.org.uk](http://www.disabilityscot.org.uk)**

You may want to find out if there are lunch clubs in your area – they can be a great way of meeting new people and having a chat over a cooked meal. Call the **Age Scotland helpline** and an adviser can help you find out what is available in your area.

Some people feel uneasy or unsafe about cooking due to memory problems. If this is the case, speak to your GP about your concerns about your memory and ask the local social work department to assess your care and support needs.

For practical help, contact the **Scottish Fire and Rescue Service** on **0800 0731 999** to arrange a free home safety visit. During their short visit they can check fire safety arrangements, give advice and reassurance and most importantly fit free fire detectors if they are needed. You can also find information on their website **[www.firescotland.gov.uk](http://www.firescotland.gov.uk)**.



## Problems with eating or drinking

People may have difficulty with eating and drinking for many different reasons. Sometimes difficulties are the result of a medical condition and sometimes just a normal part of becoming older.

A lot of the changes are very gradual and people just adapt to them. There are lots of things you can do to make your swallowing as safe as possible if it is not working as well as it used to.

Remember when you were told not to talk and eat at the same time? This was for a good reason. Every time you swallow, you halt your breathing for a split second. If you talk you open up your airway and leave it exposed for food and drink to go down the wrong way.

Other things you can do are:

- Avoid distractions when you are eating or drinking and focus on enjoying your meal.
- Sit upright and stay upright for at least 20 to 30 minutes after your meal has finished to let the food and drink travel down safely.
- As well as sitting upright, you can try tucking your chin in slightly each time you swallow. This helps to prevent food getting into your airway.
- When drinking, it can be helpful to always leave the bottom third of the cup or glass or use a shallow cup or glass. This stops you tilting your head back and again helps to keep your airway protected.
- Try foods which are softer and easier to chew or foods which can be easily mashed down with a fork as these are easier to swallow.



If you are taking certain medications, your mouth may be drier and you may need more sauce or gravy with your meal.

If you have difficulty taking your tablets you can try taking them with a teaspoon of smooth yoghurt or custard to make them easier to swallow. You can also ask your doctor if you may have the coated varieties or liquid or soluble versions which may help you to swallow them more easily.

Take good care of your teeth and mouth to reduce the risk of harmful bacteria. Keep up your regular check-ups at the dentists to make sure that your teeth and gums are kept as healthy as possible.

### **What to look out for**

Some signs that your swallow may not be working as safely as it used to are:

- if you are experiencing increased coughing or choking when eating or drinking,
- if your breathing changes when you are eating or drinking,
- if your voice sounds wet or gurgly after you have swallowed.

If you are having increasing problems with swallowing, you may need to be seen by a Speech and Language Therapist; you can ask your GP to refer you or in many areas you can call the Speech and Language Therapy Service directly and ask for an appointment. Many services offer home visits for those who are unable to get about easily.

### **Dental Health**

It is important to look after your teeth and gums or dentures. Most people should avoid sugary drinks and snacks between meals. For information about dental health call NHS Inform on **0800 22 44 88** or see their website **[www.nhsinform.scot](http://www.nhsinform.scot)**.



## Buying your food

If you cannot get to the shops you may feel less in control of the food you eat, or of your diet as a whole.

To help with this you could:

- Contact your local social work department and ask for a ‘care needs assessment’ – some councils provide a shopping and delivery service depending on your needs and service availability.
- Find out if there is a ‘Food Train’ service in your area. Food Train provide a range of services, including grocery shopping home deliveries, household support services and befriending. You can reach them on: **01387 270 800**.
- The Meal Makers service operates in several areas of Scotland and involves a volunteer regularly cooking an extra portion of food for an older person. For more information see the Meal Makers website **[www.mealmakers.org.uk](http://www.mealmakers.org.uk)** or call **0800 783 7770**.
- If you have access to the internet, most major supermarkets offer a service where you can make an order online for home delivery. If you are not confident using a computer, consider asking a family member or friend to help or put in an order for you.





## The practicalities

- There are plenty of commercial companies which deliver frozen meals to your home. Ask your local social work department what is available locally. Check whether the portion sizes, salt and fat content and delivery times are suitable for you.
- If you are able to get out to shops there may be services in your area that could take you there and pick you up again. Call the **Age Scotland helpline** on **0800 12 44 222** and we will help to connect you with local services.
- Some local shops also provide meals that can be heated up in the microwave or cooker.
- Consider getting your milk delivered to your home. You can find out if you have a local doorstep milk delivery service by speaking to the Dairy Council UK on **020 7467 2629** or visit **[www.findmeamilkman.net](http://www.findmeamilkman.net)**. Some milk delivery companies also deliver other products such as eggs, cheese and bread.

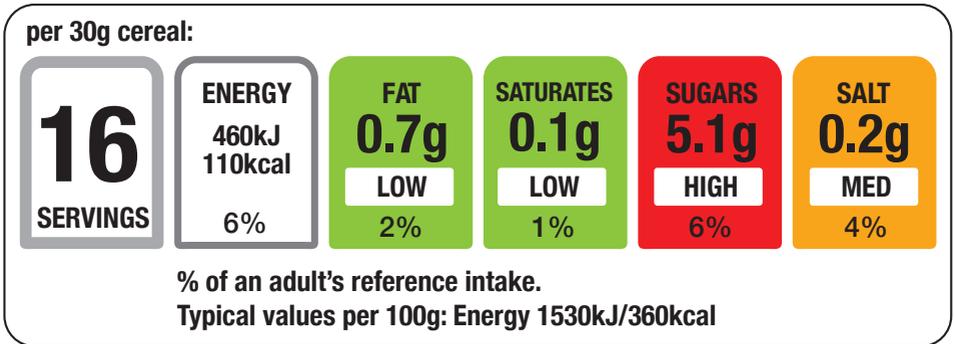


## Food labelling explained

Labelling and symbols found on the food that you buy can help us to make informed choices about what you eat. However sometimes the information on packaging can make it even harder to judge whether its content is ‘healthy’ or not.

There are different types of food labelling:

### Traffic light colour coding



This type of labelling is being used by all the major supermarkets to help people to be aware of the content of food and to enable different foods to be compared. It is usually displayed on the front or side of food packaging so it is easily visible without having to pick products up and study them. The traffic light colours red (high), amber (medium) and green (low) symbolise the salt, sugar and fat content in food. Aim to buy foods that display the green or amber labelling as a rule of thumb. Red colour coded foods are no way out of bounds as they are there to be enjoyed – just not too often!

Why not cut out and keep the card on the back cover and keep it in your purse or wallet as a general guide.



## Nutrition labelling

| Nutrition          |                  |                                     |       |                          |
|--------------------|------------------|-------------------------------------|-------|--------------------------|
| Typical values     | 100g contains    | Each slice (typically 44g) contains | % RI* | RI* for an average adult |
| Energy             | 985kJ<br>235kcal | 435kJ<br>105kcal                    |       | 8400kJ<br>2000kcal       |
| Fat                | 1.5g             | 0.7g                                | 1%    | 70g                      |
| of which saturates | 0.3g             | 0.1g                                | 1%    | 20g                      |
| Carbohydrate       | 45.5g            | 20.0g                               |       |                          |
| of which sugars    | 3.8g             | 1.7g                                | 2%    | 90g                      |
| Fibre              | 2.8g             | 1.2g                                |       |                          |
| Protein            | 7.7g             | 3.4g                                |       |                          |
| Salt               | 1.0g             | 0.4g                                | 7%    | 6g                       |

This pack contains 16 servings  
 \*Reference intake of an average adult (8400kJ / 2000kcal)

This is usually featured on the back of the packaging and gives a detailed breakdown of the amount of protein, fat, carbohydrate, fibre etc. in the food. This is usually measured per 100 grams of the food as well as per pack or portion.

## Portion sizes

See pages 4-5 for information about portion sizes.

If you have access to the internet, see the website **[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)**. It provides information about portion sizes and meal planners along with ideas about how to save money and reduce food waste.

General guidance about portion sizes does not specifically take into account how physically active you are, your weight, mobility problems, existing medical conditions and cultural or religious beliefs. For advice tailored specifically to you, speak to your GP who may then refer you on to a dietitian for individual advice.

## Use by dates and best before dates

Both dates are placed on food packaging as a guide. In the shop, check the **use by** date to make sure it won't go out of date before you plan to eat it. 'Use by' dates are usually found on fresh foods such as milk, meat, cheese and fish. If any food is past its 'use by' date – don't risk it, throw it away. **Best before dates** are less about safety and more about quality and texture. These dates will only be accurate if you store the food according to the instructions on the packaging.



## Cooking if you live on your own

Many people find themselves living alone in later life. Some enjoy living independently and have done for many years. Others are on their own because a partner has died or a caring role has come to an end. Standing in the kitchen for a while cooking for just yourself may not be very appealing. But cooking for yourself can be creative and satisfying and provide you with enjoyable food.

There are a few things to consider if you will be cooking for yourself:

- If you think that you may need support to cook safely at home, contact your local social work department and ask for a 'care needs assessment'. Call the Age Scotland helpline for advice about this or see our guide *Care and support at home: assessment and funding*.
- If you can get out to the shops, consider going with a friend who has more experience of cooking and who can help you choose what to buy.
- Try something simple to begin with then branch out to more complicated recipes when you are more confident. Some local councils run cookery classes as part of their adult education courses or community learning initiatives. Get in touch with your local council to find out what is available in your area.

If you have internet access you can find recipes at **[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)**.



## If you have a carer

You may have a carer that comes in to your home to help you with food. It is likely that they will have limited time to prepare and serve a meal but it is important that they do this properly. In Scotland, preparation of, or the assistance with the preparation of your food is counted as part of ‘personal care’ and if you are over 65 this should be free. This includes washing, peeling, cutting, chopping, pureeing, mixing or combining your food (in other words preparing food or ingredients). They should also fulfil your special dietary needs and if needed cook, defrost, heat (or re-heat) pre-prepared foods such as ready meals. If this is not happening at the moment, speak to your care manager – their contact details should be in your care plan and you should have a copy of this. Call the **Age Scotland helpline** for information and advice about your care.





## **Foods to keep in your store cupboard**

It is a good idea to have a stock of food at home to provide basic cooking supplies and peace of mind if you cannot get out because of illness or bad weather.

Store cupboard foods are designed to last but they can make their way to the back of a cupboard and never get used. Dip in and out now and again to make sure everything is still in date, use your supplies in date order and if you use something, replace it with a new one.

- **Vegetable oil** – for frying and roasting.
- **Olive oil** – for frying, roasting, and salad dressings.
- **Soy sauce** – for stir-fries and for adding a salty flavour.
- **Tomato puree** – pizzas, pasta sauces, lasagne... the list of uses is endless. Once opened, keep in the fridge.
- **Rice** – this is a cheap, basic food that will fill you up. Try brown rice – it's better for you and has more flavour but it does take longer to cook.
- **Lentils** – a good standby for soups and casseroles.
- **Pasta** – penne, spaghetti and tagliatelli should work for most basic recipes.
- **Dried spices** – curry powder, dried chillies, turmeric, paprika and your favourite flavours.
- **Dried mixed herbs** – thyme, basil, rosemary and your favourites.
- **Stock cubes** – keep a supply of your choice of stock cubes, useful for soups, sauces etc. – look out for reduced salt versions.
- **Chopped tomatoes** – another really good and inexpensive standby for cottage pie, lasagne, pasta...



Useful supplies to keep at home which need little or no preparation include:

- Cereals (low sugar)
- Yoghurts (low sugar)
- Instant mashed potato
- Tins of fruit and rice puddings
- Dried milk and/or jars of milky drinks
- Pitta bread
- Oatcakes
- Crumpets or teacakes.
- Tins of tuna, salmon or sardines
- UHT milk
- Tinned vegetables
- Tins of pulses (beans or chickpeas to add to sauces)

### ***Frozen food***

Many foods such as crumpets or a sliced loaf of bread can be kept in the freezer and popped into your toaster when you need them. This way you can have a constant supply even if you are not eating them every day.

Supermarkets stock ready meals which can be frozen and you can also freeze leftover meals you have cooked so you can eat them another day.

A good supply of dry and frozen foods can be especially helpful during winter when it might be more difficult to get out to the shops.



## Food hygiene

Everyone knows that cleanliness is very important when preparing food. To reduce the risk of spreading bacteria and viruses:

- Wash your hands with warm soapy water and dry thoroughly before and after preparing food – especially after handling raw meat, blowing your nose, smoking or going to the toilet.
- Keep your nails as short and clean as possible.
- Avoid touching your face or hair when you're preparing food.
- If you've got any cuts or dry irritated skin, make sure they are completely covered with a waterproof plaster.
- Clean up any spills or drips as you go along.
- Keep raw meat at the bottom of your fridge to avoid cross contamination with other foods.
- Keep your chopping boards as clean as possible and use a separate board for raw foods and ready-to-eat foods, such as bread.
- Cool leftovers before you put them in the fridge so you don't raise the temperature of the fridge.
- Don't keep open tins in the fridge, use a sealed container.
- Never re-freeze foods that have already been frozen.
- Make sure to cook all meats thoroughly.

For further tips contact **NHS Inform** who have a 'food safety' section on their website and can give advice over the phone. You can call them on **0800 22 44 88** or see their website **[www.nhsinform.scot](http://www.nhsinform.scot)**.

You can also find information on the **Food Standards Agency Scotland** website: **[www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)**.

Before you see any health professional outside the NHS, always make sure that they are fully qualified and accredited with the relevant organisation.

You can do this by:

- Searching on the official website for the specific profession involved.
- Asking the person themselves who they are accredited with and then phone the organisation they gave to check.



## 3: Healthcare professionals you may meet



### Dietitian

Dietitians can assess and provide you with advice about nutrition and can help you to prevent food or nutrition related problems. They have a significant role in treating complex conditions where nutritional wellbeing is affected. For example, a dietitian will advise people with special dietary needs such as those with kidney disease, diabetes or cancer. If you would like to speak to someone about your diet you can ask your GP to refer you on to a dietitian.

Some people who give advice about food science and diet are 'nutritionists'. Most are properly qualified but anyone can call themselves a nutritionist, so if you want to see a nutritionist privately it is vital to check that they are properly qualified.

The **British Dietetic Association** has produced a leaflet - downloadable at [www.bda.uk.com/publications/dietitian\\_nutritionist.pdf](http://www.bda.uk.com/publications/dietitian_nutritionist.pdf) - which explains the qualifications of dietitians and nutritionists. It also produces a range of food factsheets which can be found on their website's food facts section: [www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts).

### General Practitioner (GP)

Your GP can help you to understand how your diet is affecting your health or how your health difficulties may be affecting your nutritional wellbeing. They may decide to refer you to a dietitian or a speech and language therapist for more specific help and advice.



## Occupational Therapist

Occupational therapists can help you to carry out the activities you need or choose to do in your daily life by advising on adaptations you may need to your home. They can help you to manage some of the practicalities of eating and drinking by providing adapted cutlery and other helpful equipment and advice. Your GP can refer you to an Occupational Therapist or you may be referred via a Social Care Worker.

## Pharmacist

Pharmacists are qualified to prepare and dispense medication. They are highly trained to give you advice on health issues, how to use medicines safely and guide you on the how medication can be affected by certain foods or can affect your appetite. They are often open at times when other healthcare services are not and usually you do not need to make an appointment.

## Social worker

Social workers help people access the services that they need and are entitled to. This includes support to get help with preparation of food by carrying out or arranging an assessment of your needs and the needs of any carer you have. For information about your local social work department, speak to your local council or call the **Age Scotland helpline** who can give you information and advice, along with the contact details for your local social work team.

## Speech and Language Therapist

Speech and Language therapists can assess, diagnose and treat your difficulty with eating, drinking and swallowing. They often work closely with Dietitians to help you maintain your nutritional wellbeing with a balanced diet. In many areas you can self-refer to see a Speech and Language Therapist or you can ask your GP or another health professional to refer you.

## 4: Where can I go for advice?



### **Age Scotland helpline 0800 12 44 222**

The Age Scotland helpline provides information, friendship and advice to older people, their relatives and carers.

If you need an interpreter call **0800 12 44 222** and simply state the language you need e.g. Polish or Urdu. Stay on the line for a few minutes and the Age Scotland helpline will do the rest.

You can call us on for a copy of our publications list or download copies from our website at **[www.agescotland.org.uk](http://www.agescotland.org.uk)**.

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### **Eat Well Age Well**

Eat Well Age Well is a national project which aims to contribute to the prevention, detection and treatment of malnutrition and dehydration in older people living at home in Scotland. For information on the signs and symptoms of malnutrition, the latest research and tips on boosting calories see **[www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)** or call **0131 4478151**.

### **The Food Train**

The Food Train provides vital services to older people who are no longer able to manage independently through age, ill health, frailty or disability. Food Train services are delivered by volunteers and are available in 7 local authority areas. They support 2,650 older people with a range of services including grocery shopping, home deliveries, household support services, befriending services, a library service and Meal Makers neighbourhood meal sharing project.

Telephone: **01387 270800**  
**[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)**



## ***Meal Makers***

Meal Makers is a local neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

Telephone: **0141 551 8118**

**[www.mealmakers.org.uk](http://www.mealmakers.org.uk)**

## ***Food Standards Scotland***

Food Standards in Scotland produces information about safe food and healthy eating.

Telephone: **01224 285100**

**[www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)**

## ***Vegetarian for Life***

Vegetarian for life produce a range of healthy eating publications and recipe booklets for older vegetarians and vegans. These include seasonal recipe leaflets, Cooking for one and simple recipes.

They also have a charitable grants scheme for older vegetarians and vegans in financial need.

Telephone: **0161 257 0887**

**[www.vegetarianforlife.org.uk](http://www.vegetarianforlife.org.uk)**

## ***Community Connecting***

Age Scotland's Community Connecting service can help you connect with your local community, create new social contacts and find new hobbies. If you would like to find out more about local opportunities for befriending, social groups and activities call the **Age Scotland helpline** on **0800 12 44 222**.

## 5: Where to find further cooking tips and recipes



### ***BBC Good Food***

Whether you're looking for healthy recipes or ideas to use up last night's chicken, BBC Good Food have more than 7000 tested recipes to choose from on their website. They also have a 'how to' section that is full of hints and tips including a volume and weight converter calculator, step by step guides and videos.

**[www.bbcgoodfood.com](http://www.bbcgoodfood.com)**

### ***Fish is the Dish (by 'Seafish')***

The Seafish website provides advice to consumers about preparing and eating seafood, while highlighting its health benefits.

**[www.fishisthedish.co.uk](http://www.fishisthedish.co.uk)**

### ***Scotch Beef and Lamb***

Visit the website or contact the Scotch Beef and Lamb team for tips on how to cook and store meat, the different cuts available etc. along with information about the nutritional benefits.

**[www.scotchbeefandlamb.com](http://www.scotchbeefandlamb.com)**

### ***Ethnic minority older people***

Find information about healthy diets for ethnic minority older people in 6 community languages at **[www.equalityscotland.com](http://www.equalityscotland.com)**.



# General guide to colour coding

Amount of each nutrient in 100g of food

|               | High                                | Medium      | Low            |
|---------------|-------------------------------------|-------------|----------------|
| (Total) sugar | over 22.5g<br>(over 27g / portion*) | 5g - 22.5g  | 5g and below   |
| Fat           | over 17.5g<br>(over 21g / portion*) | 3g - 17.5g  | 3g and below   |
| Saturate      | over 5 g<br>(over 6g / portion*)    | 1.5g - 5g   | 1.5g and below |
| Salt          | over 1.5g<br>(over 1.8g / portion*) | 0.3g - 1.5g | 0.3g and below |

\*portion size criteria apply to portions / serving sizes greater than 100g

## Food labelling at a glance

Example of the traffic light system labelling:

per 30g cereal:



% of an adult's reference intake.

Typical values per 100g: Energy 1530kJ/360kcal

Remember to check the serving sizes and take into account that this may not be the typical serving size for you.

*Cut out and keep this card in your wallet or purse to use as a guide while you are shopping.*

## Food labelling at a glance

Example of the traffic light system labelling:

per 30g cereal:



% of an adult's reference intake.

Typical values per 100g: Energy 1530kJ/360kcal

# General guide to colour coding

Amount of each nutrient in 100g of food

|               | High    | Medium     | Low    |
|---------------|---------|------------|--------|
| (Total) sugar | > 22.5g | 5 - 22.5g  | ≤ 5g   |
| Fat           | > 17.5g | 3 - 17.5g  | ≤ 3g   |
| Saturate      | > 5 g   | 1.5 - 5g   | ≤ 1.5g |
| Salt          | > 1.5g  | 0.3 - 1.5g | ≤ 0.3g |

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**Age Scotland helpline**  
0800 12 44 222

**Age Scotland Enterprises**  
0800 456 1137 (Edinburgh)  
0800 500 3159 (Glasgow)



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