Eating well as we age

Which practical guide will help me today?

Daily nutrition

How much do I need in a day? Open the web guide.

Food and drink labels

What is in the portion I actually eat? Open the web guide.

Protein across the day

How do I include protein without weighing it? Open the web guide.

Fibre and your gut

How do I get more fibre without upsetting my gut? Open the web guide.

Cholesterol explained

What do HDL, LDL, non-HDL and the ratio mean? Open the web guide.

When to ask for help

Speak to your GP if appetite stays poor, eating is difficult or you lose weight without trying. Choose one practical change at a time.

Sources and full guidance

NHS: The Eatwell Guide

NHS: Malnutrition

A summary of the web guide, not a complete assessment of your needs. Full guide | Scope and personal advice.