

Tips to overcoming eating problems:

“I can’t chew and swallow properly.”

- Chop or mince your food; mash or puree if necessary.
- Cook food thoroughly until tender.
- Choose watery foods such as porridge and foods with gravy.
- Avoid foods that are coarse, hard or sticky.
- Accompany dry foods with soup, milk or other beverages.

“I can’t seem to taste food the way I used to.”

- Season food with herbs and spices, ginger, spring onion, garlic, lemon, lime and tamarind (asam).
- Avoid excessive amounts of salt or sauces.

“My mouth is always dry.”

- Drink soup or water to moisten the mouth before eating.
- Take pickles, acar, jeruk or kerabu to stimulate saliva production instead of salted foods such as salted fish, salted eggs and salted vegetables (kiam-chai).

“I have poor digestion.”

- Have small, frequent meals throughout the day.
- Chew slowly.
- Cut down caffeine or alcohol right after mealtimes.
- Perform light physical activities to aid digestion.
- Do not eat hot and spicy foods.
- Avoid fried or high fat foods.

“I don’t have much of an appetite these days.”

- Eat foods you enjoy.
- Whenever possible, eat with friends and family.
- Have small, frequent meals at fixed times throughout the day. Set reminders to eat.
- Choose nutrient dense snacks such as tau foo fah, wholemeal biscuits or egg/sardine sandwiches.
- Make meals more nutritious by adding minced meat, fish, beancurd, egg, potato or dried beans to porridge, noodles or soup.
- Serve food in an attractive and appetising way.



The Woman@Heart Programme is jointly developed by Ministry of Women, Family & Community Development and Nutrition Society of Malaysia.

As a resource of knowledge on women’s nutrition, Woman@Heart has developed a manual and leaflet series, as well as organised training seminars for healthcare professionals and roadshows, establishing it as the authoritative voice of women’s nutrition among healthcare professionals and women throughout Malaysia.

For more information about the Woman@Heart Programme, kindly visit:
Nutrition Society of Malaysia at www.nutriweb.org.my
or the National Population and Family Development Board at www.lppkn.gov.my
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Ministry of Women, Family and
Community Development



Nutrition Society of Malaysia

Staying Healthy In Your Golden Years



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What are the golden years? Is it a time to take things easier, or a chance to do everything you could never find the time for when you were younger?

Whatever your answer is, one thing's for sure: you want the freedom and independence to spend time with your loved ones. You want to make a positive difference in their lives and leave them memories to cherish for a lifetime. You also want to enjoy your food. After all, eating is one of life's greatest pleasures.

All this is possible with health and vitality. The key is a healthy diet and regular exercise throughout your golden years. This leaflet will show you how.



Glorious Food

The many physiological, psychological and social changes you experience as you age will affect the types and amounts of nutrients you need. Proper nutrition during this time will ensure your well-being and may reduce your chances of common old age ailments.

- Eat according to the Malaysian Food Guide Pyramid. Choose the lower number of the recommended serving size in each level.
- Go for high-fibre foods like legumes and wholegrain cereals (eg. brown rice, wholemeal bread and oats).
- Enjoy a mix of dark green, orange, red and yellow coloured fruits and vegetables.
- Drink fruit and vegetable juices with the pulp.
- Enjoy a variety of lean meat, poultry, fish and egg dishes and eat legume products (eg. soya milk, tau foo fah and tempeh) several times a week.
- Consume milk and other dairy products daily.
- Keep fat, sodium and sugar to a minimum.
- Cut down on foods containing animal fats and santan.
- Drink at least 8 glasses of water every day. Water can also come from milk, beverages, soups, fruits and vegetables.



Get Moving To Stay Fit & Flexible

Begin every exercise session with a light stretching sequence from your head to toes for 5 to 10 minutes and at the end of the session, from toes to head. Breathe in and out naturally; do not hold your breath. Stretch muscles gently so that slight discomfort is felt, not pain.

Aerobic exercises

Devote 30 to 40 minutes for aerobic activities at least 3 to 5 times a week. Try walking, cycling, swimming, aquarobics, tai chi, qi qong or line dancing.

Strength training exercises

Perform strength training exercises 2 to 3 times a week with light to moderate weights.

- Begin with 15 to 20 repetitions
- Train all major muscle groups
- There should only be mild discomfort, not pain
- Use a chair or other aids for support and stability if necessary

Choose Processed Foods Wisely

- Read nutrition information on food labels.
- Go for packaged foods that are enriched/fortified with nutrients and fibre (eg. breakfast cereals, breads, biscuits, cereal drinks and beverages).

