

### **IO3: Digital Toolkit of Health Literacy Resources**

#### **Addressed Topic: Healthy diet planning for different age groups**

##### **Slide 1:**

Hello and welcome to the On-Call Toolkit of Health Literacy Resources! The topic of this video is *'Healthy diet planning for different age groups'*. We will talk here about how you should plan your diet according to your age.

##### **Slide 2:**

Even if the core principles of a healthy diet remain the same, our nutritional needs change with age. In order to gain more benefits from our nutrition we should compose our diet according to our age.

##### **Slide 3:**

Children diet needs to be low in sugar and rich in all kinds of minerals and vitamins. Furthermore, kids needs to obtain through their diet a good supply of calcium and vitamin D as their bone density grows really fast.

##### **Slide 4:**

Teenagers should avoid so popular with them convenience foods high in salt and sugar. At that age, even if some of youngsters can live on junk food, be slim and feel healthy, they are already contributing to future health problems.

##### **Slide 5:**

In their busy 20-30-ties people tend to eat quickly and not necessarily healthy. Living in a rush, working overtime, taking night shifts and being constantly alarmed and stressed is definitely not good for our health. In that age, instead of quickly devouring fast food at lunch break after we missed our breakfast, we should focus more on having right diet.

##### **Slide 6:**

In 40-50ties our diet should be rich in antioxidants that protect us against some health problems such as heart disease, Alzheimer's etc. The metabolic rate drops due to a change in hormone levels and it can get way worse with bad dietary choices and lack of exercise. At that age we have to avoid having excess weight as it can lead to heart diseases, diabetes and osteoarthritis and we need to focus on eating iron-rich food, eating right amount of food in general and exercising.

**Slide 7:**

In their 50ties many people starts to have serious health problems like raised cholesterol, high blood pressure and type 2 diabetes. The best way to prevent these problems is to keep low-fat diet and eat lots of fruits and vegetables.

**Slide 8:**

When we are over 60 years old our body becomes less efficient. We are using many vitamins and minerals so we have to provide a lot of them through our nutrition. What we lack is individual thing, as it's usually due the long-term use of prescription drugs that reduce our ability to absorb certain nutrients. Another reason of worse absorption of iron, calcium and some vitamins may be lowering levels of stomach acid. The main point of our diet at that age is to help yourself absorb as many vitamins and minerals as it is possible.

**Slide 9:**

As we age our bodies changes, and so does our nutritional needs. The trick to stay in a good health and shape throughout life is to focus on the right things at the right times and provide your body what it needs most at the time.

**Slide 10:**

Thank you for watching! If you want to learn more on this and other interesting topics, visit our website [www.on-call.eu](http://www.on-call.eu) where you can find more resources!