On-Call
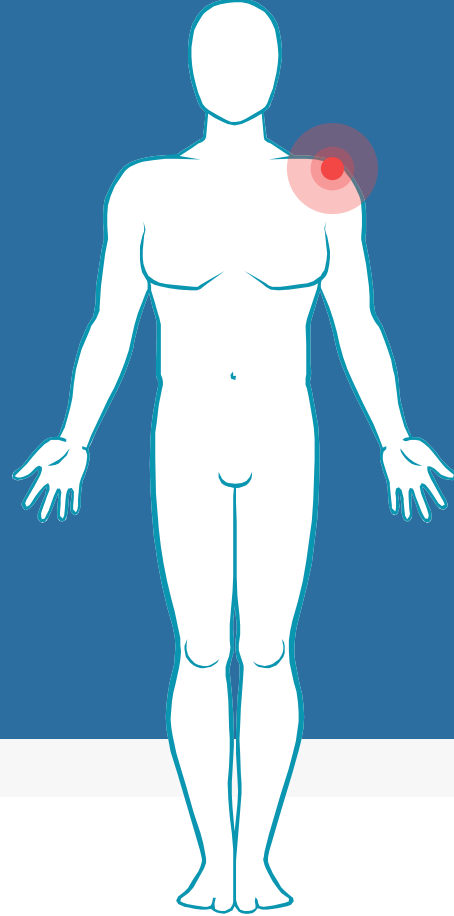## Digital Resources

Healthy diet planning for different age groups

Healthy diet planning for different age groups

- Benefits of eating right for your age:
    - Not getting additional weight
    - Avoiding many health problems.
    - Better wellbeing
    - Preventing many diseases related to the old age

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- As we go through different stages of life not only our bodies, but also nutrients we need change. In planning our diet we need to focus on what we need at specific time of life according to our lifestyle and what do we lack in our everyday diet.

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Healthy diet planning for different age groups

Why eating according to age is important for kids?

▸ Eating foods reach in calcium, iron and zinc helps them to build strong bones and in overall healhty develop.

▸ Avoiding salt, sugar and honey prevents them from gaining to much weight and disliking healthy food due to its mild taste

▸ Vitamin D helps the body to absorb calcium and phosphorus, which are critical for building bones

Healthy diet planning for different age groups

Why eating according to age is important for teenagers

▷ Eating nutrient-dense foods like wholegrain bread, fruits, vegetables, nuts, fish and lean meats instead of fast food will provide them with needed energy without giving them an empty calories

▷ - Eating foods rich in calcium will help them to build strong bones

Healthy diet planning for different age groups

Why eating according to age is important for adults?

▷ Eating foods rich in antioxidants and iron and avoiding fat and sweetened food will help prevent many diseases

▷ Supplementing folic acid, iron, vitamin B12 and iodine will help woman to get pregnant and stay healthy during pregnancy

Healthy diet planning for different age groups

Why eating according to age is important for seniors?

▷ Eating foods rich in nourishments especially protein, vitamin D, calcium and vitamin B12 will help them complement lacking vitamins and minerals

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