



Eat Well For Life

Eating healthy and staying active keeps you healthy throughout your life. Not eating well or skipping meals can make you feel dizzy, weak, light headed, or cause you to not think as clearly, all of which can put you at risk of falling.

Tips for Healthy Eating

- * Follow Canada's food guide.

Eat 3 balanced meals a day. This means food from each of the food groups at each meal. If you find your appetite is small, try adding snacks or nutritional drinks (such as Boost® or Ensure®). If you are concerned about your diet or weight, speak with your doctor or healthcare professional.

- * Most adults over 50 years of age benefit from taking a multivitamin daily.

- * Drink 6-8 cups of non-caffeinated fluids per day.

Not drinking enough water can lead to dehydration, confusion and dizziness.

Keep in mind...

- v Drinking too much alcohol affects your coordination, the way you think, and your balance.
- v Vitamin D and calcium supplements are important to keep bones healthy and strong.

Take action because falls are no accident!

Five Hills Health Region
Working together to prevent falls.

