

AVOID FRAILTY

EAT WELL

Food is medicine! As we age, we need more of certain nutrients like Protein, Calcium and Vitamin D to keep our bones and muscles strong well into old age.

Use this shopping list to help you choose foods high in nutrition and low in calories.

MEATS/FISH

- Chicken**
- Turkey**
- Pork**
- Beef**
- Fish****
- Seafood**
- _____
- _____

DAIRY

- Milk**
- Greek Yogurt***
- Cheese****
- Cottage Cheese**
- Cream Cheese
- _____
- _____
- _____

VEGETARIAN

- Tofu**
- Hummus**
- Peanut Butter**
- Soy Milk* ****
(calcium + Vit. D)
- Rice
- Eggs****
- _____
- _____

CANNED ITEMS

- (low sodium)
- Beans**
 - Chickpeas**
 - Tuna Fish**
 - Tomatoes
 - Tomato Paste
 - Tomato Sauce
 - Vegetables
 - Fruit
 - _____
 - _____

BEVERAGES

- Tea
- Coffee
- _____
- _____
- _____

VEGETABLES

- Broccoli**
- Spinach**
- Cucumber*
- Onions*
- Carrots*
- Lettuce*
- Mushrooms*
- Peppers*
- Potatoes*
- Tomatoes*
- Zucchini*
- Garlic*
- _____
- _____
- _____
- _____

BREADS/PASTA

- Whole Wheat Bread
- Bagels
- English Muffins
- Tortillas
- Pitas
- Spaghetti
- Pasta
- _____
- _____
- _____

SUPPLEMENTS

- Vitamin D**
- Calcium w/Vit. D**
- _____
- _____

OILS & SAUCES

- Soy Sauce
(low sodium)
- Oil
- Vinegar
- Salad Dressing
- Spaghetti Sauce
- _____
- _____
- _____

FRUITS

- Grapes*
- Oranges*
- Apples*
- Bananas*
- Melon*
- Berries*
- _____
- _____
- _____
- _____

BAKING

- Flour
- Sugar
- Vanilla
- Baking Soda
- Baking Powder
- _____
- _____
- _____

CONDIMENTS

- Honey
- Ketchup
- Mayonnaise
- Mustard
- Pickles
- Salsa
- Margarine**
- _____
- _____

FROZEN FOODS

- Vegetables
- Frozen Yogurt
- Juice
- Fruit
- _____
- _____
- _____

SNACKS

- Popcorn
(low sodium)
- Nuts**
- Raisins
- Pretzels
- Salsa
- Nacho Chips
(low sodium)
- _____
- _____
- _____

SPICES

- Pepper
- Salt
- Cinnamon
- _____
- _____

PERSONAL CARE

- Toilet Paper
- Tissues
- Toothpaste
- Deodorant
- Shampoo
- Conditioner
- Shaving Cream
- Razors
- Dental Floss
- _____
- _____
- _____

PET NEEDS

- Dog Food
- Cat Food
- Cat Litter
- _____
- _____

CEREAL

- Oatmeal**
- Cream of Wheat
- Cold Cereal**
- Granola
- _____
- _____
- _____

HOUSEHOLD

- Garbage Bags
- Laundry Soap
- Softener
- Bleach
- Wipes
- Dish Soap
- Hand Soap
- Sponges
- Light Bulbs
- Batteries
- Cleaner
- Scrub Brushes
- Aluminum Foil
- Paper Towels
- _____
- _____
- _____

EXTRAS

- _____
- _____
- _____
- _____
- _____
- _____

Foods in **Bold** letters are good sources of protein.
 Foods with * are high in calcium.
 Foods with ** are high in vitamin D. Calcium and vitamin D are often fortified in key foods; check labels to see if the food offers 15% or more of daily requirements.
 Foods high in nutrients and low in calories are in *italics*.

Adults over the age of 70 should get 1200mg of Calcium and 800IU of vitamin D daily. Speak to your pharmacist with any questions or concerns.

www.avoidfrailty.ca

AVOID Frailty – Take Control (TM) By Canadian Frailty Network