

A week of healthy eating for

WOMEN AGED 70+





HEALTHY EATING IN YOUR SEVENTIES AND BEYOND

As we get older, it's important to maintain a well-balanced diet to stay energised, avoid nutrient deficiencies, maintain strong immunity and prevent disease.

At the same time, however, our lifestyles and eating patterns can change as we age. We may be more sedentary, appetite may wane and illness and mobility issues can make shopping and food preparation difficult.

And while older people often eat less than when they were younger, they actually have increased dietary requirements for a range of nutrients such as protein, calcium, riboflavin and vitamin D. This mismatch between food intake and nutritional requirements can potentially result in deficiencies and accelerate ageing and disease risk.

So can we just pop a supplement to make up for nutritional shortfalls? Studies on nutrients and specific foods show inconsistent results, but we can say that a poor diet combined with supplements won't place you on the path to better health. Your overall dietary pattern is what matters, and what will promote long-term health and longevity.

This 7-day meal plan is designed to help women aged 70+ follow a healthy diet that not only meets their nutrient requirements, but optimises their diet to lower chronic disease risk.

The sample week will show you what healthy looks like for you now that you've reached 70, and hopefully you enjoy the meals so much that you incorporate them into your repertoire in the weeks and years beyond.

THE MEAL PLAN IS DESIGNED FOR:

- ✓ **Healthy women aged 70 years and over**
Men and younger women have different nutritional needs.
- ✓ **Women who are up for a bit of cooking**
This meal plan includes more than eight recipes for you to try and hopefully enjoy so much that you incorporate them into your repertoire. While cooking requires time, you can heat up leftovers the next day, and occasionally have more to freeze or share with friends and family.
- ✓ **Women who are maintaining their weight**
This meal plan provides an average of 8,356 kilojoules (1989 calories) per day. For the average healthy woman over the age of 70, this is about 100% of your energy requirements.
- ✓ **Women who are looking to lower their risk of chronic disease**
This plan is based around whole plant foods, with some dairy, chicken and fish. It is low in saturated fat and contains lots of dietary fibre, antioxidants and phytonutrient-rich plant foods to lower your risk of heart disease, diabetes and other chronic diseases.



NUTRIENTS

This 7-day meal plan meets the nutritional requirements for women aged 70+.

- ✓ Fibre
- ✓ Vitamin E
- ✓ Potassium
- ✓ Omega-6 fatty acids
- ✓ Plant-derived omega-3 fatty acids
- ✓ Protein
- ✓ Thiamin
- ✓ Riboflavin
- ✓ Niacin
- ✓ Vitamin B6
- ✓ Vitamin B12
- ✓ Folate
- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Magnesium
- ✓ Calcium
- ✓ Phosphorus
- ✓ Iron
- ✓ Zinc
- ✓ Selenium
- ✓ Iodine





KELP FLAKES

People who don't eat a lot of seafood, dairy or fortified baked bread can be low in iodine – a mineral required for the production of thyroid hormones.

Thyroid hormones are important for growth and development, particularly of the brain, nerves and bones. Older adults also need sufficient iodine to avoid preventable cardiovascular consequences related to hyperthyroidism.

Kelp flakes are a great source of iodine, so I recommend you use a pinch in your cooking on days when you're not eating fish. Please check the nutrition label to ensure you don't overconsume though. You'll find kelp flakes at your local health food store.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Cereal 2 Weet-Bix Kids, ½ mango, 1 kiwifruit, 1 passionfruit, 100g Chobani Greek Yoghurt Plain Fat Free, 1 tsp chia seeds, 2 tsp pumpkin seeds, ¾ cup A2 Light Milk	Salmon, Quinoa & Orange Salad See Recipes p8. <div style="border: 1px solid green; border-radius: 50%; padding: 10px; text-align: center;"> Cook extra salmon and quinoa for tomorrow and Wednesday – see <i>TIP</i> page 8. </div>	Chilli Sans Carne 344g Chilli Sans Carne (see Recipes p9) served with 1 cup cooked brown basmati rice, handful coriander, 30g sliced avocado and 3 slices of jalapenos in vinegar (or dried chilli flakes).	Coffee Small latte Nuts 12 raw cashews Smoothie Blend 1 c So Good Almond Milk (unsweetened), 1 banana, ½ c frozen blueberries, ¼ c Chobani Greek Yoghurt Plain Fat Free, ½ tsp cinnamon, 2 tsp flaxmeal. Dark chocolate (optional) 1 square (10g) 70% or ideally 85% cocoa mass
TUES	Cereal 45g Uncle Tobys BranPlus, 1 c berries, 80g Chobani Greek Yoghurt Plain Fat Free, 1 tb chia seeds, ¼ tsp cinnamon, 2 Brazil nuts, ½ c A2 Light Milk	Chilli Sans Carne 344g Chilli Sans Carne (leftovers) served with 1 cup cooked brown basmati rice, handful coriander, 30g sliced avocado and 3 slices jalapenos in vinegar (or dry chilli flakes).	Salmon, Quinoa & Roast Veg Salad 100g cooked salmon (microwaved from yesterday), ¼ c cooked lentils, ¼ c cooked quinoa, 1 beetroot, 20g baby spinach leaves and roasted vegetables (1 carrot, 1 zucchini, ½ red onion). Serve with a dressing made with 2 tsp extra virgin olive oil, 1 tsp balsamic vinegar and 1 tsp seeded mustard. <div style="border: 1px solid green; border-radius: 50%; padding: 10px; text-align: center;"> Roast extra veg and boil 1 cup lentils for this meal and the next few days. </div>	Coffee Small latte Apple 1 medium Pink Lady Yoghurt with Tropical Fruit 170g Chobani Greek Yoghurt Plain Fat Free, ½ mango, 2 passionfruit, 1 kiwifruit, 3 tsp sunflower seeds
WED	Cereal 2 Weet-Bix Kids, ½ large Pink Lady apple, diced, 1 tb sultanas, 2 tsp chia seeds, 1 tb pumpkin seeds, ¾ c A2 Light Milk <div style="border: 1px solid green; border-radius: 50%; padding: 10px; text-align: center;"> Why Weet-Bix Kids? Because it contains added calcium and iron. </div>	Lentil, Quinoa & Roast Veg Salad ½ c cooked lentils, ½ c cooked quinoa, 1 beetroot, 20g baby spinach leaves and roasted vegetables (1 carrot, 1 zucchini, ½ red onion). Top with 2 tb Pilpel hummus and 4 raw almonds.	Kale & Feta Frittata See Recipe p10. Have half for dinner and the rest tomorrow. Serve with 1 c baby spinach leaves, 3 sliced grape tomatoes, 20g sliced avocado, fresh parsley and a dressing made with 1 tsp extra virgin olive oil, 1 tsp balsamic vinegar and ½ tsp seeded mustard.	Coffee Small latte Nuts 30g raw cashews Yoghurt with Tropical Fruit 170g Chobani Greek Yoghurt Plain Fat Free, ½ mango, 2 passionfruit, 1 kiwifruit, 3 tsp sunflower seeds

Staying well hydrated is really important! Aim to drink 2 litres of filtered water every day.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
THU	Cereal 2 Weet-Bix Kids, ½ mango, 1 kiwifruit, 1 passionfruit, 85g Chobani Greek Yoghurt Plain Fat Free, 2 tsp pumpkin seeds, ¾ cup A2 Light Milk	Kale & Feta Frittata Serve with 1 c baby spinach leaves, 3 sliced grape tomatoes, 20g sliced avocado, fresh parsley and a dressing made with 1 tsp extra virgin olive oil, 1 tsp balsamic vinegar and ½ tsp seeded mustard.	Pumpkin Boat with Lentils See Recipes p11	Coffee Small latte Fruit & Nuts 1 banana & 22 raw almonds Hummus, crudites and crackers 2 Vita-Weat 9 Grain biscuits, ½ capsicum, 1 carrot, 1 stalk celery and 60g Pilpel Hummus
FRI	Cereal 45g Uncle Tobys BranPlus, 1 c berries, 85g Chobani Greek Yoghurt Plain Fat Free, 2 tsp pumpkin seeds, ½ tsp cinnamon, 20g walnuts, ¾ c A2 Light Milk	Pumpkin Boat with Lentils Leftovers from yesterday.	Lemon Chicken & Broccolini Freekeh See Recipes p12.	Coffee Small latte Smoked salmon & crackers 2 Vita-Weat 9 Grains, 25g smoked salmon, 20g avocado, 1 tsp capers, squeeze lemon juice Hummus & crudites 2 slices capsicum, 1 carrot, 1 stalk celery and 40g (2 tb) Pilpel Hummus Chocolate (optional) 2 squares (20g) 70% or ideally 85% cocoa mass Red wine (optional) 200ml red wine
SAT	Shakshuka See Recipes p13. Serve with a 50g slice of toasted wholemeal sourdough spread with 20g avocado.	Lemon Chicken & Broccolini Freekeh Leftovers from yesterday.	Tuna Puttanesca See Recipes p15. Serve 347g sauce with 125g cooked wholemeal pasta (cook 250g wholemeal pasta so you have some for tomorrow too). Top with a sprinkle of grated parmesan and fresh parsley.	Coffee Small latte Smoothie Blend 1 banana, ½ mango, 1/3 c Chobani Plain Fat Free Yoghurt, 2 tsp flaxmeal, 1 c So Good Almond Milk (unsweetened), 4 walnuts Nuts & seeds 10g sunflower seeds & 30g raw cashews
SUN	Shakshuka Leftovers from yesterday. Serve with a 50g slice of toasted wholemeal sourdough spread with 30g avocado.	Tofu Salad See Recipes p14.	Tuna Puttanesca Serve 347g sauce with 125g cooked wholemeal pasta. Top with a sprinkle of grated parmesan and fresh parsley.	Coffee Small latte Nuts 15g raw cashews Berry nice cream Blend 1 frozen banana, ½ c frozen raspberries, and 50g Chobani Plain Fat Free Yoghurt Red wine (optional) 150ml red wine

Slice a ripe banana and freeze in airtight container for Sunday.



SALMON, QUINOA & ORANGE SALAD

Serves 1

2 tsp extra virgin olive oil
115g raw salmon fillet
½ cup cooked quinoa
3 small vacuum-packed cooked beetroots, cut into 4
40g carrot ribbons
20g rocket
5 raw almonds, crushed
¼ orange, sliced

Dressing:

1 tsp extra virgin olive oil
1 tsp white wine vinegar
2 tsp fresh orange juice

1. Cook the quinoa according to packet instructions or slightly less (10 mins plus sitting time is generally enough).
2. Warm oil in a frypan and fry the salmon, turning to brown on all sides.
3. Use a peeler to slice the carrot into ribbons. Place the rocket, carrot, beetroot and orange on a serving plate. Top with cooked quinoa, salmon fillet and almonds. Spoon dressing over to serve.

TIP: Why not increase the quantity to prep for tomorrow and Wednesday?

Cook 2 x 115g salmon fillets for today and tomorrow's lunch.

Cook ½ cup raw quinoa for today, tomorrow and Wednesday.

CHILLI SANS CARNE

Serves 4

1 c uncooked brown basmati rice
1 tsp extra virgin olive oil
1 brown onion, diced
4 cloves garlic, crushed
1 tb Mexican Chilli Powder (or 1 tsp ground cumin,
1 tsp oregano and 2 tsp paprika)
1 zucchini, finely diced
1 red capsicum, finely diced
410g can Ardmona Rich & Thick Tomatoes
1 can black beans, rinsed and drained
1 can red kidney beans, rinsed and drained
2 pinches Ceres Organic Kelp Flakes

1. Cook rice according to packet instructions.
2. Fry onion in oil and cook for 2 minutes.
3. Add the garlic and spices and cook for 1 minute until fragrant.
4. Add the zucchini and capsicum. Cook for 5 minutes. Once softened, add the black beans, red kidney beans, can tomatoes and kelp flakes and cook for 10 minutes.
5. Serve with rice, fresh coriander, avocado, chilli flakes and lime.





KALE & FETA FRITTATA

Serves 4

Extra virgin olive oil spray
300g potatoes, sliced
1 bunch asparagus, spears cut into 4
1 red onion, finely chopped
4 garlic cloves
Spray extra virgin olive oil
140g silverbeet or kale, chopped
12 Eco Eggs (this brand of eggs contains very long chain omega-3 fatty acids)
125g Lemnos Reduced Fat Fetta

1. Preheat oven to 180°C.
2. Steam the potatoes until they are soft enough to pierce with a fork.
3. Spray a frypan with oil and cook the onion and asparagus for 3 minutes. Add the kale and cook until it wilts and reduces.
4. Line a baking dish (about 20cm x 20cm) with baking paper and spray it with olive oil.
5. Spread the vegetables out in baking dish.
6. Whisk the eggs in a small bowl. Crumble the fetta in, then pour the mixture into the baking dish, covering the vegetables.
7. Bake until set and slightly golden.

PUMPKIN BOATS WITH LENTILS

Serves 2

2 small butternut pumpkin halves
Extra virgin olive oil spray
1 sprinkle cinnamon
1 sprinkle ground cumin
2 tsp extra virgin olive oil
200g mushrooms, sliced
2/3 bunch silverbeet, chopped
1 tsp garlic powder
1 tsp onion powder
1 c cooked lentils
60g Lemnos Reduced Fat Fetta, crumbled
Chopped fresh parsley to serve

1. Preheat oven to 180°C.
2. Wash the pumpkin halves (giving the skin a scrub) and pat dry. Spray with oil and sprinkle with cumin and cinnamon. Bake for approximately 1¼ hours until golden brown.
3. Fry the mushrooms in olive oil. After a few minutes, add the silverbeet, garlic powder and onion powder. When cooked, throw in the cooked lentils to warm through.
4. Remove the pumpkin halves from the oven. Scoop out some of the flesh so that there is a decent-sized hole in the middle. Fill the hole with the lentil/silverbeet/mushroom mix. Top with fetta and parsley to serve.





LEMON CHICKEN & BROCCOLINI FREEKEH

Serves 2

100g raw freekeh
2 tsp extra virgin olive oil
1 raw free-range chicken breast, sliced into bite-sized pieces
1 brown onion, finely chopped
3 garlic cloves, crushed
1 bunch broccolini, chopped
1 lemon, finely grate the peel
½ c frozen peas
2 cups (90g) baby spinach leaves
6 stuffed green olives, sliced
15g freshly grated parmesan
2 tsp lemon juice
Black pepper
2 sprinkles parsley
Dried chilli flakes (optional)

Freekeh is a nutritious young wheat grain that's similar to spelt and farro. You'll find it in the health food aisle of the supermarket.

1. Cook the freekeh according to packet instructions (or perhaps 5 minutes less – have a taste).
2. In a hot frypan, brown the chicken in olive oil and set aside.
3. Fry the onion in the same pan. Cook for 2 minutes, then add the garlic, broccolini and lemon zest.
3. Run the frozen peas under boiling water, then add them to the frypan.
4. Add the spinach, olives, cooked chicken and freekeh to the frypan. Stir.
5. Serve with parmesan, lemon juice, black pepper, parsley and dried chilli flakes if you wish.

SHAKSHUKA

Serves 4

2 tsp extra virgin olive oil
1 onion, finely diced
4 garlic cloves, crushed
1 c kale, chopped
2 cans salt-reduced butter beans, drained and rinsed
1 c salt-reduced tomato pasta sauce
8 Eco Eggs
20g Lemnos Reduced Fat Fetta
10g continental parsley, chopped

1. Fry the onion in oil for 2 minutes.
2. Add the garlic and kale and cook until the kale starts to soften and reduce.
3. Add the beans and tomato sauce and stir.
4. Make 8 holes in the mixture and crack an egg in each hole. Sprinkle the fetta over the top and place the lid on. Cook until eggs look cooked.
5. Sprinkle parsley to serve.





TOFU SALAD

Serves 1

Tofu:

150g firm tofu
1 tsp sesame oil
1 tsp salt-reduced tamari (soy sauce)
1 tsp grated ginger
1 garlic clove, crushed
1 tb sesame seeds

Salad:

15g kale, chopped
25g baby spinach leaves
40g red capsicum, diced
40g celery, thinly sliced
15g carrot ribbons
10g fresh coriander (use a peeler)
10g fresh mint

Dressing:

2 tsp lime juice
½ tsp fish sauce
1½ tsp sesame oil
½ tsp salt-reduced tamari (soy sauce)

1. Cut the tofu into small cubes and place in a bowl. Add the sesame oil, tamari, ginger, garlic and sesame seeds and toss to coat. Fry over a medium heat until golden.
2. Place the salad ingredients in a bowl.
3. Mix the dressing ingredients and pour over the salad, tossing to coat.
4. Top the salad with tofu and serve.

TUNA PUTTANESCA

Serves 8

2 tsp extra virgin olive oil
1 onion, finely chopped
3 stalks celery, finely sliced
1 large carrot, grated
½ red capsicum, finely chopped
1 zucchini, grated
1 tsp dried oregano
1 tsp dried basil
1 tsp dried parsley
380ml jar salt-reduced tomato pasta sauce
1 can Ardmona Rich & Thick Tomatoes
2 cups water
2 tb baby capers, rinsed
¼ c kalamata olives, sliced
2 cans butter beans or cannellini beans, rinsed and drained
425g can tuna in springwater, drained
Pinch of kelp flakes

1. Fry the onion in the oil until it starts to soften. Throw in the celery and cook for a further minute, then add the capsicum, carrot and zucchini. Cook for 3 minutes.
2. Add the dried herbs to the frypan and stir for 1 minute. Then add the jar of pasta sauce, can of tomatoes and water. Cook, stirring, for 3 minutes.
3. Add the rest of the ingredients – the capers, olives, beans, tuna and kelp flakes – and cook on a low-medium heat for 10 minutes.

TIP: When you make pasta sauce, make a batch and freeze portions. It will keep for 3 months.

This Tuna Puttanesca serves 8 so you can keep 2 serves in the fridge and freeze the rest for another time.





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