

# Eat Your Age

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**Your complete guide** to eating and living well for each decade of life.

Thriving in your

20s, 30s, 40s,  
50s, 60s and  
beyond



Essential Nutritional Supplements

# Eat Your Age

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Hannah Hanson is a copy and content writer in the Health and Wellness space. Following on from completing her degrees in Pharmacology and Commercial Law, she began to pursue her passion for a happy, healthy and balanced lifestyle through researching and writing. Often her work lends itself towards science-backed yet digestible articles, papers and conversations on all niches of health, wellness and beauty. When she's not tapping away, Hannah is skiing, hiking, experimenting with skincare (for better or worse), cooking or thrifting.

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Sara Widdowson AKA Your Monthly Club has started a mission to restore women's hormone health through education, tools and support. Sara is a NZ registered dietitian, and women's health expert who believes women need to know more about their bodies, their hormones, and their fertility. Everyday she is working with clients battling issues such as painful periods, PMS, PCOS, Hypothalamic Amenorrhea, Endometriosis and fertility issues. She is a wealth of knowledge with many tricks and tips up her sleeve - a total goldmine for hormonal health!

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Kristy Jordan is a qualified nutritionist with an additional degree in Sports Science. She works everyday with women helping them overcome their IBS and gut issues, stress, fatigue, sleep issues and hormone support through simple diet and lifestyle changes that are sustainable long term. On top of this, Kristy has a keen interest in helping women optimise their sporting and exercise by working with their bodies natural physiology. When she is not in the clinic you will find her outside surfing, hiking or hanging by the beach.

 [nutritionbykristy](#)

# Welcome

## Our diet has never been more complicated.

Eat this.

Don't eat this.

Eat this, but not too much of it.

And as we get older, we change. Our nutritional needs change, our metabolism changes, our physical bodies – you guessed it – change! This further complicates life. Few of us say they can eat and do the same things as when they were teenagers.

So we created this guide full of research-backed information and easy-to-digest (pun totally intended) summary bullet points to help you understand your body's needs as you get older. This guide isn't about perfect eating, living off a diet of kale smoothies or scrutinising every morsel consumed – this guide is to empower you with knowledge – so you can live your life to the fullest.

We start with a basic breakdown of the 3 macronutrients and follow on through each decade of your life – so you can enjoy and flourish during each one.

We open a conversation between two experts in their field – who provides us insight into how we can maximise our health at every age.

And, we provide pro tips on what types of exercise and movement will serve you best at your particular age and stage.

Growing older is inevitable but, ageing can be slowed and enjoyed with a few tricks and tips to keep you feeling Pro You. It's never too late to start looking after you, your mind and your body.

Happy thriving.



**Anna Thompson-Ford**

Pro You Co-founder and CEO



# Breaking down the three macronutrients

## Carbohydrate

### Myth: Carbs are directly stored as fat

Carbohydrates are blocks of sugars (sometimes long, sometimes short) that provide your cells with energy while supporting your immune system, thyroid health and nervous system. While it is possible to survive without carbs, they are necessary especially in women to thrive and function at full potential.

Carbohydrates exist in three categories: sugars, starches and fibre.

Generally speaking, carbohydrates gained from whole foods are a brilliant source of energy, while carbohydrates gained from refined, processed foods should be consumed in moderation. Grains, pulses, vegetables, fruits, nuts, seeds and milk products are all excellent whole food carbohydrate sources (1). For women's health, sufficient and proper carbohydrate intake is important for optimal hormone function (2) and helps promote healthy ovulation (3).

Dietary fibre is a form of carbohydrate which your body can't break down into simpler sugars. While this may sound strange, fibre is important for health in more ways than one. Fibre helps maintain a healthy, regular digestive system (yes, a daily poo!), feeds your gut bacteria with food to flourish while helping you stay fuller for longer. It also helps with detoxification and clearance of excess estrogen and ensures a healthy metabolism (4).

## Fat

### Myth: Eating fats make you fat

Dietary fats provide long, sustaining energy, supplies essential fatty acids (omega 3 & 6) and facilitates absorption of Vitamins A, D, E and K (5). This in turn provides building blocks to create components of skin cell membranes (necessary for soft, hydrated skin) and for the production of hormones (2).

## Protein

### Myth: Protein is for men and makes you bulky

Proteins consist of 20 amino acids which are used by muscles for breaking down food and turning it into energy, building and repairing muscle, making immune cells, hormones and neurotransmitters. Protein also has a role in making strong and healthy bones, hair, skin and nails – through collagen (a type of protein). Our own clever bodies can make 11 of the 20 amino acids and we rely on getting the other 9 through our diet. We call these the 9 essential amino acids. Animal protein contains all 9 essential amino acids – it is a complete protein. Most plant-based protein sources aren't complete proteins (soy and quinoa are the exceptions). If you are relying on plant-based sources alone for protein, it is important to get a wide variety to obtain all of the 9 essential amino acids (2).

## Breaking down the three macronutrients

### Carbohydrate



4 calories per gram

### Protein



4 calories per gram

### Fats



9 calories per gram

# 20s



**The roaring 20's** - your metabolism is on fire and you've got all the energy to go, go, go! Right now, you're probably at the most active stage of your life. You may not notice it but now is when you are walking and generally moving more compared to later in life. Your high level of activity means your energy demands are greater - you can eat more! You may look back on this time and think "remember when I could eat whatever I wanted, and didn't change one bit?". During this stage of your life, your body is most forgiving - however, your body and brain are still maturing and developing so ensuring your diet is full to the brim with nutrients is super important.

Stressing about studies or a new job can take its toll - it's important to control these cortisol waves with good sleep and stabilising your blood sugar levels. A balance of complex carbohydrates, healthy fats and lean proteins are your friend here! It can feel tempting to dip your toes into diet trends you see around you - but these don't tend to build long-term, healthy habits.

Silver-bullet, too-good-to-be-true, diets focussed on excluding and restricting essential macronutrients tends to yield short-lived results. Instead, try focusing on what foods you can include to enhance your diet. What foods do you love that also provide your body with good nutrients? These don't have to be expensive - oats, kiwifruit, frozen berries, eggs and lentils are all brilliant, low-cost options.

Now is the time to build a good foundation that sets you up for life! By putting the work into your skeletal body now, your body will thank you later on down the track. Proper fueling and weight-bearing exercises can help ensure optimal bone growth. Getting enough calcium and rays of sunshine for a bonus of vitamin D will also keep your bone density in check.

Certain contraceptives deplete the body of specific nutrients. The pill depletes you of B vitamins, magnesium, zinc, selenium and vitamin C. Topping yourself

up in these areas either through diet or supplementation is ideal and will ease the effects once you decide to come off the contraception!

For those that are having a regular period, iron requirements go up (5). Low iron can make you feel lethargic, weak and generally cold - not a very nice thing! Foods high in iron include meat, seafood, beans, dark leafy greens, dried fruit, fortified cereals and peas!

## Exercise-wise, there isn't a lot that you can't do.

However, there is a lot that you should do. Starting weight training now will set you up for life. When you exercise, your muscles develop muscle memory. This is their tool to learn how to build and repair themselves over time. Your bones also get stimulation to keep on building - so they will be dense for the future ahead.

Love cardio? Great! Now is the time you can push the boat out with forgiving joints and a strong metabolism. Keep that metabolism hearty by refuelling properly after each session. Consider joining group training sessions - it's a great way to meet like-minded people and get fit while you do it. Making friends during adulthood can feel awkward - but putting yourself out there by trying a new sport or class can introduce you to new friends for life! Boxing, F45, Hot Yoga, HIIT, Spin take your fancy? Sure, why not!

As much as your body is reactive and quick to recover, prevention is better than a cure - get into the habit of stretching it out before and after. Active, dynamic stretches before your workout and passive, deeper stretches after will keep you limber and decrease the chance of injury down the road.

There are some wonderful things that come with being in your 20s:

- **You recover quicker**
- **Your bodies are more forgiving to eating too much, drinking too much and lack of sleep**
- **You can build muscle, bone and connective tissue quickly**

Unfortunately, your 20's also comes with newfound pressure. Stepping out of highschool, it can feel like you're now an adult and must have life figured out. Thankfully, you don't! It seems like our 20's is where we put the most pressure on ourselves in our study, early in our career and even in our appearance. Thankfully now is the time to test the waters, get uncomfortable, explore and find out what you truly love and have passion for.

## Enjoy your 20's!

# Pro tips for thriving in your 20s

## Balance is key!

- Complex carbohydrates
- Proteins
- Healthy fats

## Support future bone health with

- Calcium
- Vitamin D

## If using hormonal contraceptive (e.g. The Pill), consider supplementing with

- B complex vitamins
- Magnesium
- Zinc
- Selenium
- Vitamin C

## Make sure you are eating enough iron rich foods

- Steak = 9.3mg per 170g
  - Oysters = 7.8mg per 85g
  - Dried apricots = 7.5mg per cup
  - Spinach = 6.4mg per cup cooked
- (RDI is 18mg per day)

## Pro You Insight:

### The effect of diet culture of women's hormones and menstrual cycles

Sara Widdowson AKA Your Monthly Club has started a mission to restore women's hormone health through education, tools and support. Sara is a NZ registered dietician, and women's health expert who believes women need to know more about their bodies, their hormones, and their fertility. Everyday she is working with clients battling issues such as painful periods, PMS, PCOS, Hypothalamic Amenorrhea, Endometriosis and fertility issues. She is a wealth of knowledge with many tricks and tips up her sleeve - a total goldmine for hormonal health!

We asked Sara what sort of effects diet culture can have on women's hormones and menstrual cycles. We know that talking about periods isn't always the most comfortable, cosy conversation but it is a natural superpower and is so important!

#### Here's what Sara had to say!

"Fad diets are everywhere. Whether it's keto, low carb, fasting or paleo it seems like every year a new diet trend arises with the promise of weight loss and improved health. While dieting might seem harmless, it is important to understand the impact low calorie diets can have on our hormonal health as women (particularly those aged 12-35 years of age).

Ovulation is the event that happens roughly 2 weeks before our period and ovulation is controlled by a part of the brain called the hypothalamus. Each month the hypothalamus needs to signal to our ovaries that they can start the process of ovulation as well as prepare our uterine lining. Our hypothalamus is a primitive part of our brain that has no conscious awareness meaning that if you restrict your calorie intake it can perceive that as you no longer have access to food (just like you are in a famine) rather than

understanding that you've intentionally put yourself on a diet. The hypothalamus will then turn off the ovulation process as it believes that you do not have access to sufficient resources to maintain a pregnancy as ovulation is the beginning process of conceiving.

Fasting provides additional issues as not only are you depriving your body and brain of essential calories but it also increases the production of stress hormones in women. Long term production of stress hormones such as cortisol tells our Hypothalamus yet again that we are not in a safe environment and would lead to further ovulation problems.

Even if falling pregnant isn't on your wishlist, ovulation is a marker of fertility and being fertile is so much more than making babies! Ovulation requires the hormone Oestrogen who helps us to build strong bones, increases our confidence and helps keep vagina microbiome nice and healthy. After ovulation the hormone Progesterone is produced and this hormone is essential for mood and mental well-being as well as reducing our risk of certain cancers.

If you have experienced Amenorrhea (loss of period) you should head along to your doctor to discuss how they can support you to experience a healthy cycle again. If you have decided to try an extreme diet and notice changes in your period health it would be worth reconsidering the impact of your food choices. We know that dieting increases our risk of developing an eating disorder, increases fear of weight gain and desire to binge eat but we also now understand that diet culture has a detrimental impact on our cycle health as young women."



## Sara Widdowson

Your Monthly Club | Contributor

BSc Human Nutrition, Master Dietetics



# 30s



Nowadays, more and more women are choosing (if at all) to start a family later, so we have placed pregnancy and post-pregnancy factors under 30s – however, if you are before or after this, that’s cool! No hard and fast rules around here.

They say your 30s are the new 20s – thanks to the general acceptance that in your 30s you are more likely settled within yourself and where you are in life compared to when you were 20. You might have started to develop your career, a relationship or even a family.

However, you also may notice your body is not as forgiving as it once was – skipping workouts, meals and sleep all seems to tragically, take its toll a bit more.

You may feel a little “off” if you’ve recently come off hormonal contraception. Or in other words, your hormones may be off! Common hormone situations for women in their 30s are estrogen excess and progesterone insufficiency (2) – you may have heard this as Estrogen Dominance.

While estragon is a necessary hormone that plays a major role in fertility, a happy menstrual cycle, bone health, cardiovascular disease, Alzheimer’s disease and, Parkinson’s disease (6) – too much, or an imbalance can create havoc.

Balancing out estrogen and progesterone levels can make a world of difference to your mood and wellbeing – it can lead to better sleep, mood and alter the distribution of weight gain (midsection and upper thighs).

## A few tricks to clearing excess estrogen:

- Lighten the load on your liver. If your liver is working at capacity due to caffeine, alcohol, processed foods intake then ease back a bit. Your liver needs room in its calendar to clear the estrogen instead.
- Your liver also needs nutrients so it can produce its detoxifying enzymes – give it a boost by including foods rich in zinc, vitamins B6, B12 and A in your diet.
- Give your gut a helping hand to clear the excess estrogen by increasing your dietary fibre. Eating a range of vegetables and fruits is a great way to get your fibre in (with bonuses of antioxidants!).
- Include brassica vegetables in your diet, these contain clever compounds that help break down excess estrogen and provide antioxidant protection (7, 8).

## Support adequate progesterone levels by:

- Clearing excess estrogen, your progesterone levels will be levelled out too! One stone, two birds!
- Managing stress may be easier said than done – but finding tricks to unwind will serve you in the long run. Increased levels of cortisol brings down progesterone – so manage your stress in both forms – mental and physical. While exercise feels wonderful and releases addictive endorphins – your body perceives it as a form of stress! Lay off the high-intensity workouts and opt for pilates, yoga, walking and forms of resistance training. Adequate sleep can also bring your cortisol levels down. Supplementing with an adaptogen like ashwagandha can also give you a calming boost.

# Estrogen and Progesterone

## High estrogen:

Heavy/irregular periods, breast tenderness, issues controlling weight

## Low estrogen:

Over exercising, under eating, perimenopause, menopause

## Low progesterone:

Spotting, Mood swings, Headaches, Depressed mood

## Exercise-wise.

It's normal to have mixed feelings about exercising in your 30s. For some, it may not feel as easy as when you were 20. For others, you may feel like you're in the best condition of life!

Admittedly, weight is harder to shift than before and your body isn't quite as forgiving for (fun yet naughty) overindulgences.

Weight training can help hold on to and build definition (weight training is the secret to staying toned, not cardio!). Thankfully, it doesn't have to be gruelling

or complicated – 3 x per week of simple but challenging weights (by 10 reps you are struggling) is all you need.

Fill in the gaps by doing things you fancy – cardio, circuit classes and even lower intensity options like yoga and pilates are great. If you build a routine you relish – you'll stay consistent and see the results you're after!

If you have started to have a family, always get advice post-pregnancy before you kick back into exercise again.

## Pro tips for thriving in your 30s

### Fibre is key! Aim for 25 – 35g per day from your diet

- 1 avocado = 13g
- 2 tbsp chia seeds = 10g
- 1 cup cooked green peas = 9g

### If under stress, consider supplementing with adaptogens

- Ashwagandha
- Tulsi/Holy basil
- Goji berry

### Support liver health with

- Zinc
- Vitamin B6
- Vitamin B12
- Vitamin A

### Make sure you are eating enough brassica vegetables

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Bok choy

## What Are Brassica Vegetables?

Brassica vegetables are part of the genus Brassicaceae, or mustard family. Brassicas are also categorised as cruciferous vegetables (Cruciferae), or members of the cabbage family. Brassicas are among the most commonly cultivated vegetables in the world, and some of the most nutritious vegetables you can eat. The Brassica

oleracea family of vegetables contains hundreds of subspecies with a range of health benefits, like vitamin C, vitamin K, beta-carotene, and glucosinolates. Brassica vegetables are also a great source of soluble fibre.



# 40s



**You've conquered your 30s!** Settling into your 40s may come with some delights and surprises.

On one hand, you may be thriving in your career, enjoying having extra money on hand or watching your family grow. On the other hand, you may be noticing you're feeling a bit off and over time and so are your periods.

Perimenopause – the transitional time before menopause – can cause anxiety, heavy periods, hot flushes and insomnia-like issues. Although this process is natural and something we all go through, it can be something we wish we would take a side step. During this time, progesterone levels are on the decline (that's your relaxation hormone) estrogen levels are unruly fluctuating and cortisol levels (stress hormone) are creeping up and up and up...

Focussing on your liver, gut health and sleep is important during this time.

Eating brassica vegetables and watching your caffeine and alcohol intake can help your liver clear excess estrogen, allowing progesterone to counteract some of the negative effects.

Other micronutrients that may help you through perimenopause are:

- **Magnesium** – a multi-tasker when it comes to your health – once termed 'Nature's Tranquilizer'. Adequate magnesium levels help support a good mood, sleep and energy levels (by facilitating turning your food into fuel!). It also lends a hand in looking after your bone health – acting as a preventative for bone disorders like osteoporosis (9). Nuts, seeds, mangoes, dark leafy greens, beans, and wholegrains are all great sources of magnesium. You may also supplement if you struggle to get enough in too.
- **Vitamin B6** – assists in the production of many neurotransmitters – including the ones that promote calm, happy feelings (10). Giving yourself a boost through diet or supplementing B6 can have your mood feeling more on the uphill. Good sources of B6 include chickpeas, starchy vegetables, meat, fruits and seeds.

- **Taurine** – an amino acid that increases the production of calming chemicals, supports liver detoxification and offers itself as an antioxidant to liver cells! Basically, a liver's best friend. Studies also suggest that taurine protects bone health by not only stimulating bone formation but also inhibiting bone resorption (11). Because estrogen reduces the production of taurine, women naturally have a higher requirement for it than men! Taurine can be found in animal foods with fish and shellfish being the highest (2).

Adequate sleep can help bring your cortisol levels down. If cortisol levels remain high over long periods this may lead to commonly termed "stress belly" – where fat leans to be stored around the midsection (12).

If your sleep is off, now is the time to get into good sleep hygiene habits. It is all those things we know we should be doing but can get a bit lazy with. No screens before bed, maintaining a regular sleep schedule, keeping your bed for sleeping only (not Netflixing!) and allowing a few hours between eating and dozing off.

## Exercise-wise.

Your 40s have hit you with a bit of a hormonal sh\*t storm which affects your body in more ways than one. If you're not into regular exercise yet – start! It's never too late. Many people that keep up a good level of fitness in their 40s have a younger body than that of a 30 year old who doesn't work out – you can too! Weight training is important to preserve your bone and muscle mass. Learn proper form, get a qualified instructor to show you the ropes. Form over quantity and weight is key to avoiding injuries. Remember, lifting weights should be hard but it shouldn't hurt. Feel free to be choosy with your trainer – they have to be right for you. High intensity exercises like HIIT and CrossFit will only jar your hormones and joints further – slow it down, sink those cortisol levels with yoga, pilates and walking. Speaking of walking, get used to increasing those steps – aim for 10,000 daily – your metabolism will thank you for the boost.

# Pro tips for thriving in your 40s

## Getting enough sleep is key! Get in to good habits by

- Reducing screen time before bed
- Maintaining a regular sleep schedule
- Allowing a few hours between eating and sleeping

## Support detoxification with taurine

- Scallops, mussels, clams, dark turkey and chicken meat
- Or in supplement form if vegan or vegetarian

## Consider supplementing with magnesium or ensure you are getting enough from your diet

- Spinach = 157mg per cup cooked
  - Pumpkin seeds = 156mg per handful
  - Brown rice = 86mg per cup
- (RDI is 420mg per day)

## Make sure you are eating enough food rich in vitamin B6

- Starchy vegetables
- Meat
- Fruit
- Seeds

## Pro You Insight: Navigating the transition through to perimenopause and menopause.

Kristy Jordan is a qualified nutritionist with an additional degree in Sports Science. She works everyday with women helping them overcome their IBS and gut issues, stress, fatigue, sleep issues and hormone support through simple diet and lifestyle changes that are sustainable long term. On top of this, Kristy has a keen interest in helping women optimise their sporting and exercise by working with their bodies natural physiology. When she is not in the clinic you will find her outside surfing, hiking or hanging by the beach.

We asked Kristy what common concerns appear in clinic from women navigating the transition through to perimenopause and menopause. Kristy also reveals handy tricks and tips for easing the uncomfortable symptoms that can appear during this period of time. While a lot of women would like to push pause on menopause – it is a natural progression of life that we all will go through. Menopausal health has historically been kept under wraps, we feel it deserves to be spoken about loudly and proudly!

“Perimenopause can be a confusing time, there isn’t a ton of information out there and it definitely isn’t something that is talked about enough! This is a natural process which every woman will go through and eventually end up in menopause. There are many ways to support and nourish your body to make the transition from perimenopause through to menopause as smooth as possible.

I commonly see women who have reached this stage of their life who are burnt out, sleeping terribly and are confused about the way they are feeling. Perimenopause can be a time of stress hormone overload,

which in turn worsens the situation of fatigue, brain fog and poor sleep. As well as looking at what tasks can be taken off their plate, adaptogen herbs can be helpful to tone down all those stress hormones that are often running around. Magnesium is also fantastic for helping to calm the nervous system and support a more restful sleep, it is also a fantastic mineral for many aspects of women’s health no matter what stage of your life you are at. Magnesium can support a range of processes from helping to calm the nervous system, supporting hormones and blood sugar the list really goes on.

Diet will also always play an important role in your health no matter what life stage you are in, as well as incorporating a diet rich in whole foods, as we age there is an increased need for dietary protein. This is especially important for both women moving through perimenopause and those who have reached the final stage of menopause, I always recommend starting the day with a good source of protein. Protein helps to support muscle mass, our muscle mass naturally declines as we age and we want to keep as much of our muscle mass as possible to support health and body function moving forward. Protein also helps to keep you fuller for longer and supports better blood sugar control which is supportive during this transition.

These and many more tips and tricks can help to smooth out this transition into menopause and get away from the roller coaster ride of symptoms and emotions which is commonly seen as normal during these times. It doesn’t have to be that way!”

If you are currently struggling or looking for some guidance on how to be the best version of yourself during this period of your life, you can book a consultation with Kristy to chat about a personalised menopausal-relief path.



## Kristy Jordan

Wellness by Jessica | Contributor

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# 50s



**Your fabulous fifties are here.** You may be finding you're allowing more time for yourself and your relationships to find a balance between leisure and work. You may notice a few more routine GP checkups, screenings and blood tests – keeping these up and staying vigilant is important now more than ever!

Menopause may have stepped into your life and as your estrogen and progesterone levels have lowered you may be experiencing interruptions in your sleep, hot flushes and moodiness. This is all a totally normal part of life.

Low levels of hormones affect bone density – now is the time to look after your bones by including a diet high in calcium and getting some sunshine. Keep up the weight-bearing exercises – yoga, pilates and walking are all excellent options.

From your fifties onwards, your stomach acids are on the decline – you may experience feelings of reflux, indigestion or heartburn which you've never had to contend with before.

Decreased acids can lead to malabsorption of dietary vitamins and minerals like vitamin B 12, calcium, iron and magnesium (6).

Trick! To give your stomach acids a hand, – try taking a shot of apple cider vinegar or lemon diluted with one teaspoon of warm water 5-10 minutes before meals (2).

It is common for cholesterol and blood pressure levels to rise with age while your thyroid slows down.

While we have come a long way from once thinking that because eggs are high in cholesterol, we should limit our intake of them – there is still much unknown about controlling cholesterol levels.

We know there are good forms of cholesterol (HDL) and bad forms of cholesterol (LDL, VLDL) and that our liver has an important role in clearing excess cholesterol.

So naturally, this suggests keeping our liver in good check and making sure it has its calendar open to clear cholesterol (and isn't constantly busy with caffeine, alcohol, processed foods detoxification) can help cholesterol levels. Like we mentioned before, brassica vegetables are also a great help in supporting the liver.

Once cholesterol is packaged into bile fibre in the gut helps clear it from the body. If there isn't enough fibre to help pass it through, some of it can be reabsorbed back into the bloodstream. Increasing your fibre intake can help your gut clear excess cholesterol and minimise this reabsorption from happening. Increasing water intake is important when increasing your fibre intake – or else it can backfire with uncomfortable constipation!

## Exercise-wise.

Exercise doesn't stop with age, if anything it is just (if not more!) important. Poor posture may begin to show – along with its unwelcome guests. Achy necks, lower back pain and niggly shoulders are starting to appear. Thankfully, posture correcting exercises and yoga can help you get back to fighting shape! Find a qualified physio, personal trainer or osteopath to help give you a simple, daily routine. Staying consistent is the key to unleashing its benefits. The great news is – many of these exercises don't require any equipment and can be done in the comfort of your own home while you are watching TV in the evening.

If we are to single out areas of the body to focus on – your back and core strength is especially important at your age. Both are central to keeping you tall and upright, if they are weak it puts you at risk of back and neck pain which can be harder to undo once already settled in. Remember, prevention beats cure!

## Pro tips for thriving in your 50s

### Fibre is key! Aim for 25 – 35g per day from your diet

- 1 avocado = 13g
- 2 tbsp chia seeds = 10g
- 1 cup cooked green peas = 9g

### Support absorption of vitamins with

- A shot of apple cider vinegar or lemon diluted with one teaspoon of warm water 5 – 10mins before meals.

### Consider supplementing with calcium or ensure you are getting enough from your diet

- Tofu = 1,721mg per cup
- Milk = Approx. 598mg per cup
- Spinach = 245mg per cup cooked

(RDI is 1,300mg per day)

### Make sure you are eating enough brassica vegetables

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Bok choy



# 60s +



**Your 60s are a time about you and your loved ones** – the pressures of life have hopefully waned and now you're settling in to enjoy the leisurely side of life. With mindfulness, a healthy diet and regular exercise your body can still perform so you can do the things you love, and age at a slower rate.

Your muscle and bone mass naturally starts to diminish which can put you at risk of falls and fractures.

## **Tips to help slow muscle loss:**

- Keep active! Weight training isn't just for gym buffs, it can also be a great way to keep using your muscles. Use it or lose it. Best to get a professional to help you with this if you are new to it. This will reduce the risk of injury and put you on a path so you can keep going!
- Keep up your protein intake. Although your appetite may have decreased and your energy requirements are lower (you need fewer calories!), you need roughly the same nutrients as before. From the age of 70, your protein requirements have actually increased (2)! This means you are going to have to eat smarter. Keeping up a high protein intake will help minimise muscle wastage and even help build muscle if you are training. If you're struggling to increase your protein intake (we know, it can be hard) a protein supplement is a convenient way to fill in the gaps. A scoop of protein powder into a smoothie or in your yoghurt is a simple yet effective booster.

## **Tips to help slow bone loss:**

- Include good sources of calcium into your diet including dairy, sesame seeds and more dark leafy vegetables.
- Try to get some sunshine to boost your levels of Vitamin D and supplement during Winter. If you find you're not able to get sunshine during the Summer months – consider supplementing year-round.
- Weight-bearing exercises help stimulate your bone to build rather than break down. Walking is an excellent example that is easy on the joints and great for mental health!

A few changes happen from your 60's onwards... Your requirements for vitamins B6 and D increase, while your iron and energy requirements decrease (5). There appears to be a decreased ability to recognise hunger and thirst signals – this may lead to unintentional dehydration and weight loss (13). As we mentioned earlier, your nutrient requirements are the same (and in some cases, more!) than they have been earlier in life – so keeping up a good, nutrient-packed, well-rounded diet is crucial. Think about eating the rainbow (and no, we don't mean in M&Ms), enjoying nourishing complex carbohydrates and filling up on lean protein sources.

While more of us are trying to reduce the amount of plastic in our life, neuroplasticity is something we want to keep close. Neuroplasticity refers to the ability of the brain to adapt to changes in an individual's environment. While we have this throughout our life, it is important to keep this adaptability as we get older to stay sharp and protect our cognitive health. While research is still evolving, studies suggest that physical activity, a healthy diet and "mental gymnastics" (2, 14) can aid in neuroplasticity. With special mentions to

- Turmeric – a powerful anti-inflammatory and antioxidant.
- Catechin Polyphenols – found in teas, are potent anti-inflammatory and antioxidants
- Resveratrol – found in grapes and wine (yay!) is a type of antioxidant
- Omega 3 Fatty Acids – found in oily fish (hello, salmon, herrings, anchovies) show neuroprotective benefits (15).

While gymnastics may not be up your alley anymore, mental gymnastics can certainly have its place – sudoku, crosswords or even learning a new language are all great exercises for the brain. P.S. You can teach an old dog new tricks!

## Pro tips for thriving in your 60s and beyond

### Exercise-wise.

Exercise can and should still be a part of your life. While you have to be careful – there is no reason why you shouldn't be moving your body. Think about what you enjoy – gardening, yoga, pilates or walking? These are all great options. Weight training with professional guidance can help with muscle and bone retention – preventing falls and fractures (something

we see so often with inactivity). A stationary bicycle is brilliant for your heart and hips while not jarring the joints – give it a go! You can try new things at this age, there's no rule book saying you can't. If you're unsure, reach out to a professional that will ensure you have proper form which will serve you in the long run.

#### Protein is key! Aim for > 55g per day from your diet

- 1 chicken breast = approx. 54.5g
- 1 cup of lentils = 17.9g
- 1 egg = 6.3g

#### Consider supplementing with vitamin D or ensure you are getting enough of it from your diet / lifestyle

- Sunshine!
- Oily fish
- Eggs
- Mushrooms

#### Support brain health with

- Turmeric
- Polyphenols found in tea
- Resveratrol found in grapes (and wine)
- Omega 3 fatty acids

#### Make sure you are eating enough food rich in vitamin B6

- Starchy vegetables
- Meat
- Fruit
- Seeds

# There's a saying

## "Eat food, not too much, mostly plants"

**Eat food** – eat real whole foods. They say that the whole is greater than the sum. So instead of opting for orange juice, grab an orange. Mother Nature has done the hard work for us! Let's enjoy it.

**Not too much** – take a look at your portion sizes, if you tend to be a plate-finisher – then serve yourself a little less next time. You can always go back for more.

**Mostly plants** – looking at your plate – how much of it is plants? Try to aim for at least half your plate being plantbased (and most of that being non-starch vegetables). Do you see a rainbow or one colour? Get a variety! This is the best way to ensure a broad range of antioxidants that will protect and serve your body.

Supplement to fill in the gaps and eat what you enjoy! Not a fan of kale? That's cool, don't eat it!

**We hope this guide has given you insight into how you can thrive today and in the years to come.**

Keep your eye out for our next whitepaper on Tiny Habits where we explore the Tiny Habits method – how small changes can change everything.

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## Disclaimer

This guide was created to help you be the best version of yourself however, it does not provide medical advice. It is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health. Never ignore professional medical advice in seeking treatment because of something you have read here. When taking on any new diet, supplements or exercise regime it is best to consult your GP to make sure it is best for you and your personalised situation.

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