Eating Well in Your Care Home

Eating well helps your body stay strong.
This can protect you from illness.

- Eat foods high in protein, such as meat, eggs, milk and yogurt
- Eat a variety of food
- Eat as much as you are able to
- Have a snack between meals
- Keep moving as able

Eating well helps you:

- Do more on your own
- Have more energy
- Keep your muscles and bones strong

If you would like more information on eating well, **ask to speak to a dietitian,** or visit
www.healthyeatingstartshere.ca

Alberta Health Services

Nutrition & Food Services