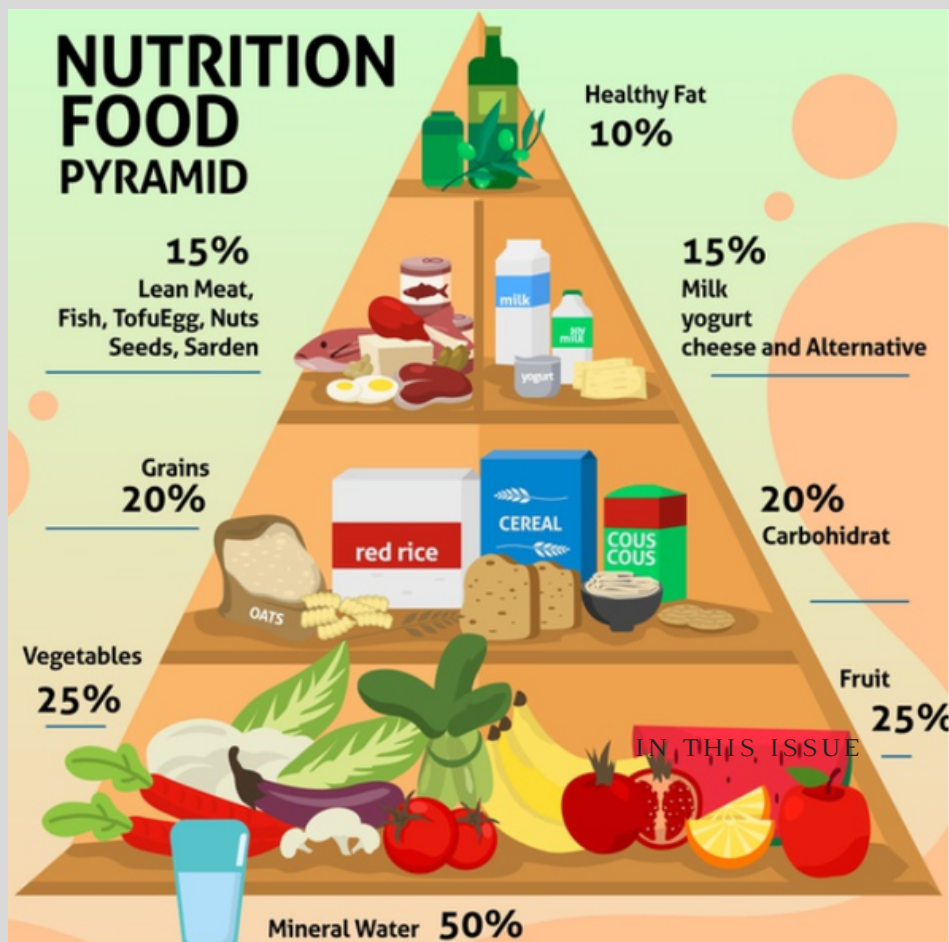


# Home Care for Dependent Elderly People

## The Healthy Eating Food Pyramid for the Elderly



## The Healthy Eating Food Pyramid for Elderly Recommendations

- **Grains:** 3 - 5 bowls
- **Vegetables:** at least 3 servings
- **Fruits:** at least 2 servings
- **Meat, fish, egg and alternatives:** 200 – 240 grams
- **Milk and alternatives:** 1 - 2 servings
- **Fat/oil, salt and sugar:** eat the least
- **Fluid:** 6 - 8 glasses

<http://resources.homecareproject.eu/>