



BUDERIM MENS SHED

STAY STRONG: A NUTRITIONAL GUIDE FOR MEN IN THEIR GOLDEN YEARS

Your guide to better nutrition, strength, and vitality!



Discover the right foods and simple routines to boost your health and strength every day.



STAY STRONG

BE ABUNDANT IN HEALTH

Stay Strong: A Nutritional Guide for Men in Their Golden Years" offers simple, practical tips on how to improve your health and vitality through better nutrition and daily habits. Specifically designed for men over 60, this guide helps you maintain strength, boost energy, and live a healthier, more active life.



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CARBOHYDRATES

Carbohydrates are our main source of energy. They are found in many foods we love, such as bread, pasta, cereals, and fruits.

Carbohydrates can be classified as:

Simple carbohydrates are quickly digested and absorbed, causing a rapid spike in blood sugar levels. These carbs are found in foods like white bread, sweets, and sugary drinks. The quick rise in blood sugar can lead to an energy crash afterward.

Complex carbohydrates, on the other hand, are made up of longer chains of sugar molecules and take more time to break down. Foods like whole grains, vegetables, and legumes contain complex carbs. They provide a slow and steady release of energy, helping maintain more stable blood sugar levels throughout the day.

Simple vs. Complex CHO Energy



Photo source: bodybuilding.com

CARBOHYDRATES

Simple Swaps

Hi-Gi (Simple Carbs)



Milk Chocolate



Low-Gi (Complex Carbs)



Dark Chocolate (70% or higher)



Potato Chips



Unsalted Popcorn



White Bread



Whole-grain Bread



Cornflakes



Wheatbix



Biscuits



Fruit

PROTEIN

We need protein for all of our cells to grow, repair and function. It's key to building muscles and maintaining a strong immune system.

Proteins are made up of building blocks called amino acids. There are 20 amino acids that join together, in different combinations, to form proteins. There are two types of amino acids, essential and non-essential.

Essential: These are amino acids that cannot be made by the body and are therefore essential to get through our food and drink. There are nine essential amino acids.

Non-essential: These are amino acids that can be made by the body and therefore are not essential to get through our diet. There are 11 non-essential amino acids.

ADULT MEN

0.75g/kg of body weight/day

Example

70kg (body weight) x 0.75 =

52.5g of protein per day

ADULT MEN OVER 70

1g/kg of body weight/day

Example

70kg (body weight) x 1 =

70g of protein per day



PROTEIN

Simple Swaps

Processed/Ultra-processed

Minimally Processed



Fried Chicken



Chicken Breast



Hot Dog



Salmon



Deli Meat



Chicken or Turkey Mince



Sausages



Beans or Legumes



Fish Fingers



White Fish

FATS

Fats consist of a mixture of saturated, polyunsaturated and monounsaturated fats. Fats should NOT be thought of as unhealthy. In fact, some unsaturated fats are essential in the diet.

Healthy fats include those that contain mainly unsaturated fats, such as fish and seafood, nuts and seeds, extra virgin olive oil and avocado.

Many foods high in saturated fats are linked with high levels of LDL cholesterol in the blood, a risk factor for heart disease.

Foods high in saturated fats include many fast foods and takeaway, pastries, fried foods, cakes and biscuits, many snack foods (sweet and savoury), fatty meats, butter, coconut oil, palm oil and some solid spreads and cooking fats.

Trans fats are unhealthy. Most come from oils processed to increase shelf life and give a crisp texture to foods.

To reduce the saturated fat in your diet, remember to:

- limit the amounts of discretionary foods such as takeaway items, biscuits, pastries, pies, cakes, chips and sweet or savoury packet snack foods
- avoid coconut and palm oils, butter and cream
- choose small portions of lean meats and trim any visible fat
- read the ingredient list on processed food labels and avoid partially or fully hydrogenated oils or fats
- check the nutrition information panel on spreads and select those that list trans fats as nil or < 0.1 g per 100g.



FATS

Simple Swaps

Saturated



Butter



Unsaturated



Olive Oil



Cheese Slices



Low Fat Greek Yogurt



Full Cream Milk



Plant-based milk (almond, soy, etc)



Pastries



Avocado



Fried Foods



Grilled Foods

AUSTRALIAN DIETARY GUIDELINES

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs
2. Enjoy a wide variety of nutritious foods from the five groups every day
3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
4. Encourage, support and promote breastfeeding
5. Care for your food; prepare and store it safely



CHECK IT OUT!



eatforhealth.gov.au

THE 5 FOOD GROUPS

The key to eating well is to enjoy a variety of nutritious foods from each of the five food groups.

These five food groups make up the Australian guide to healthy eating (see below).

Foods are grouped together because they provide similar amounts of the key nutrients of that food group. For example, the key nutrients of the milk, yogurt, cheese and alternatives food group include calcium and protein, while the fruit group is a good source of vitamins, especially vitamin C.

To meet the nutrient requirements essential for good health, you need to eat a variety from each of the five food groups daily, in the recommended amounts. It is not necessary to eat from each food group at every meal. In fact, in some instances, you only need to eat some of the foods in each food group a couple of times a week.

It is also important to enjoy a variety of foods within each of the five food groups because different foods vary in the amount of the key nutrients that they provide. For example, in the vegetables and legumes food group, orange vegetables such as carrots and pumpkins contain significantly more vitamin A than other vegetables such as white potatoes.

THE 5 FOOD GROUPS

Click on me!



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereals), fruits, mostly wholegrain, and/or high cereal fibre varieties



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Use small amounts



Vegetables and legumes/beans



Milk, yogurt, cheese and/or alternatives, mostly reduced fat

Only sometimes and in small amounts



SERVING SIZES

Check your age!



Vegetables and legumes/beans

Serves per day

	19-50 years	51-70 years	70+ years
Men	5	5½	5
Women	5	5	5

A standard serve of vegetables is about 75g (100-300kJ) or:

- ½ cup cooked grain or orange vegetables (for example broccoli, spinach, carrots or pumpkin)
- ½ cup cooked, shell or canned beans, peas or lentils*
- 1 cup green leafy or raw sliced vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetable (sweet potato, taro or taro root)
- 1 medium tomato

*drain with no added salt



Fruit

Serves per day

	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

A standard serve of fruit is about 150g (300kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup (diced or cubed) fruit (with no added sugar)
- Or only occasionally:
 - 125ml (½ cup) fruit juice (with no added sugar)
 - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of raisins)



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

A standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-100g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ½ cup (30g) wheat cereal flakes
- ½ cup (30g) muesli
- 3 (20g) crispbreads
- 1 (60g) crumpet
- 1 small (30g) English muffin or scone



Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

A standard serve (500-600kJ) is:

- 80g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 80-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 110g raw weight) or one small can of fish
- 2 large (100g) eggs
- 3 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (generally with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or 2tbsp or other oil or seed paste (no added salt)

*drain with no added salt



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Serves per day

	19-50 years	51-70 years	70+ years
Men	2½	2½	2½
Women	2½	4	4

A standard serve (500-600kJ) is:

- 1 cup (250ml) milk, Chif (or long life, non-sterilised) processed milk or substitute
- ½ cup (125ml) evaporated milk
- 2 slices (40g) or 4 x 2 x 2cm cube (20g) of hard cheese, such as cheddar, mozzarella
- ½ cup (100g) ricotta cheese
- ½ cup (100g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

● To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

● An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40g per day for men less than 70 years of age, and 14-20g per day for women and older men.

● For meal ideas and advice on how to apply the serve sizes go to:

www.eatforhealth.gov.au

Click on me!

HOW TO BUILD YOUR PLATE

Half a plate
of veggies

Quarter plate
of lean protein



Quarter plate
of complex carbs



Drink
2-3L of water
per day

YOU CAN DO THIS!

The WHAT!

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs

Enjoy a wide variety of nutritious foods from these five groups every day

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

The HOW!

Understand the Macro Nutrients, Carbohydrates, Proteins, Fats
What foods they are found in and what function they serve?

Understand the 5 Food Groups

How many serves/day and how to build a healthy plate!

The WHY!

- Proper nutrition helps prevent chronic diseases like heart disease, diabetes, and high blood pressure.
- A balanced diet supports energy levels, allowing active participation in activities like playing with grandchildren.
- Sufficient protein intake helps maintain muscle mass, preventing age-related frailty.
- A healthy diet boosts immune function, reducing the likelihood of illness.
- Reducing saturated fats improves heart health by lowering cholesterol.
- Good nutrition helps manage weight, reducing strain on joints and enhancing mobility.
- Eating well can contribute to a longer, healthier life.
- Proper nutrition aids faster recovery from illnesses or injuries.
- Staying strong and healthy improves overall quality of life and independence in later years.