



NOURISHMENT AND FLUID INTAKE

Apart from exercise it is also healthy diet, which belongs to healthy lifestyle. In the course of life we have varied energy consumption, but consumption goes down with ageing so we should also lower portions of food, just not to eat too much.

We should not forget about the right fluid intake. We lose water in various ways: through urine, sweat, breathing, so when there is bigger loss of fluid in summer when we sweat more or when we move more we should drink all the more. We lose water not only when it is hot but also even in an air-conditioned room. So when we are going for example on holiday on an air-conditioned bus, we usually feel that it is not necessary to drink at all. But in fact it is just on the contrary. During that 4-5-hour journey we should drink half-a-litre fluid without sugar. It is important not to use sugar in beverages so that we do not take in more calories. We should leave out sweet things especially those, which were manufactured. When we come to visit friends and they offer us an excellent home-made cake, we always give-up, but certainly we should not eat biscuits or sweets too much. On the contrary bitter chocolate with high percentage of cocoa supplies magnesium to our body and helps overcome fatigue by energy supply.

What else should leave our board? These are fried dishes like potato pancakes, Vienna steaks etc. It does not mean that they should be left out completely but instead of eating them twice a week these should be consumed only once in a month and prepared on high quality oils, which will not burn.

We should not be afraid of fat consumption but it is necessary to choose those of good quality and store them in good conditions – in the dark and cold storage. We should not be afraid of using home-made lard, fresh butter, but we should avoid hidden fats egg, in smoked products, in biscuits and waffles.

What is still missing in seniors' diet and not only in their diet? These are vegetables – supply of fibre, minerals, vitamins and many more protective elements. Vegetable fibre is necessary for healthy function of intestines.

If we consume enough fibre, we will empty our bowels regularly and completely avoid some diseases.