



# Nutrition For Adults

NUTRITION FOR  
ADULTS

## ► Ideal weight for Adults ◀

This group of people should aim for a body weight that is appropriate for their height. The ideal BMI range for adults is 18.5-24.9 kg/m<sup>2</sup>, although these cut-offs may not be appropriate for athletes who have a high muscle mass.

## ► Healthy Diet in Adults ◀

Eating a varied diet, not smoking, drinking alcohol in moderation, keeping physically active and maintaining body weight within the healthy range for height are all factors that are thought to contribute to reducing the risk of chronic diseases. A healthy, varied diet is one which contains plenty of bread, rice, potatoes, pasta and other starchy foods and fruit and vegetables, some milk and dairy foods; some meat, fish, eggs, beans and other non-dairy sources of protein; and just a small amount of foods and

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drinks high in fat and/or sugar.



Some points about nutrition in adults:

- Less than 5 g of salt equivalent to about one teaspoon per day. Salt should be iodized.
  - Less than 30% of total energy intake from fats. It is suggested that the intake of saturated fats be reduced to less than 10% of total energy intake and trans-fats to less than 1% of total energy intake.
- Less than 10% of total energy intake from free sugars.
- Adults need to drink at least 1.5 liters of fluid daily, even more if it's hot or they are physically active.
- Choose low and reduced fat options from the meat and milk food groups where possible.

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These nutrients should come from food when possible, then from supplements if necessary.

Several nutrients may be of particular importance for women's health including iron, calcium and folate.

### ► Nutrition for Adults ◀

Nutrition describes the processes by which all of the food a person eats are taken in and the nutrients that the body needs are absorbed. Good nutrition can help prevent disease and promote health.

### ► Energy and Nutrient Intakes in Adult ◀

Requirements for energy and nutrients do not change greatly between the ages of 19 and 50 years, except during pregnancy or lactation, but do vary according to gender and activity levels.

Many adults do not receive enough calcium from their diets, which can lead to osteoporosis later in life. Other nutrients of concern are potassium, fiber, magnesium, and vitamin E. Some population groups also need to get more vitamin B12, iron, folic acid, and vitamin D.



Nutrients of particular relevance for men include selenium and lycopene, which may play role in protecting against prostate cancer.

### ► Physical Activity in Adults ◀

Adults should aim to be active on a daily basis and achieve at least 150 minutes of moderate intense activity in bouts of 10 minutes or more, or 75 minutes of vigorous intense activity (or combination of both types of exercise) spread over the course of a week. Adults should also undertake muscle strengthening activities on at least two days a week. Being active on a daily basis delivers a range of health benefits, including helping to maintain a healthy weight and reducing the risk of coronary heart disease, stroke and type 2 diabetes.