



Meals4Health

Eat well, Live well, Age well



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Eat Well, Live Well, Age Well



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GOOD FOOD AND HEALTHY EATING GUIDE FOR BONE HEALTH

As we get older, it is essential to eat well to keep our bodies strong. Illness, personal circumstances, and life events can all have an impact on the quality and quantity of the food we eat.

HAVING HEALTHY BONES CAN MAKE A BIG DIFFERENCE TO THE QUALITY OF OUR LIVES.



Osteopenia is a condition that begins as you **lose bone mass, and your bones get weaker.**

This happens when the inside of your bones become brittle from a loss of calcium. It's very common as you age. Total bone mass peaks around age 35. People who have osteopenia are at a higher risk of having osteoporosis.

While age-related bone loss is a natural process and can result in fragile bones which are at an increased risk of fracture, the good news is that it is never too late to take care of our bones. Our bone health is influenced mostly by our family genes, but there are various steps we can take to ensure better bone health. Stronger Bones and Better Health go hand-in-hand. Making healthy food choices that support good bone health is a great place to start. It is never too soon or too late to start. There is always a benefit, regardless of age.



EMBRACE A BONE-HEALTHY LIFESTYLE TOWARD POSITIVE AGEING

Eating well and staying physically active are two essential components of a bone-healthy lifestyle as we age.

THESE ARE ALSO THE PILLARS OF OSTEOPOROSIS PREVENTION AT ALL STAGES OF ADULT LIFE.

Being more aware of what food types offers you good sources of protein, calcium, vitamin D to keep your bones, muscles, and joints strong will assist you in making better-informed choices and identify where improvements can easily be made in your day-to-day meal planning.





A FOOD-FIRST APPROACH TO SUPPORTING GOOD BONE HEALTH

Eating healthfully means eating a variety of good foods each day to maintain good health and well-being, there are certain key nutrients that play specific roles by providing our body with the essential quantities of protein, calcium, and vitamins required to maintain good bone and muscle strength.



PROTEIN is the 'building block' of our body that helps our bones to grow, repair, and maintain strength. Low protein intake is associated with an increased risk of bone fractures and breaks. More protein is needed as you age, and it is important to spread the intake of protein throughout the day.

A good guide to reach daily protein targets is to include a protein source with each meal.

Protein-rich foods include lean meat, poultry, fish, eggs, and dairy products. Nuts, seeds, beans, and lentils also provide some protein if a vegetarian diet is preferred.



CALCIUM is essential for building and maintaining strong bones. Calcium also plays a key role in muscle function and is important at every age and needs special emphasis as we grow older. Calcium is key to preventing bone loss and helps prevent osteoporosis.

The best way to ensure you get enough calcium simply is by eating calcium-rich foods every day. Three servings a day will help meet the calcium needs of an older adult.

Dairy products provide us with the richest sources of calcium: milk, cheese, and yogurt.

Smaller amounts of calcium may be obtained from other food sources, such as leafy green vegetables- spinach and kale, and canned fish with soft bones such as tinned salmon and sardines. Calcium is added to some breakfast cereals and fruit juices, information will be displayed on the packaging.



RECOMMENDED CALCIUM SERVING

A large glass (200ml) of milk – full fat, low fat ,fat free or low fat fortified milk are all suitable as they all have similar amounts of calcium

A large glass (200ml) of calcium enriched soya milk

1 portion of milk pudding made with a large glass of low fat milk

1 small carton of yogurt (125ml)

1 yogurt drink (200ml)

25g/1oz low fat cheese or semi-soft cheese–
(matchbox size or 2 Thumbs, width and depth)

50g/2 oz low fat soft cheese

2 processed cheese triangles

75g/3oz cottage cheese



VITAMIN D is your body's companion vitamin to calcium. You may achieve your recommended daily calcium intake, however, if you are lacking Vitamin D you may be unintentionally preventing your body from absorbing calcium properly. It is difficult to get enough Vitamin D from foods alone (oily fish and egg yolks have the most)

Our skin produces Vitamin D when exposed to sunlight, there are many factors including our inconsistent climate and certain medications that may interfere with being able to get enough naturally.

DEPARTMENT OF HEALTH ADVISES THAT ALL ADULTS OVER THE AGE OF 65 SHOULD TAKE A VITAMIN D SUPPLEMENT EVERY DAY.

Meals4Health is more than just a dinner it's about nurturing our older people. Empowering independence over meal choices and meal times, our mission is to enable older people to 'Eat well, Live well, Age well' within their own communities - **Geraldine Ryan**



MAKING HEALTHY FOOD CHOICES IS A SMART THING TO DO - REGARDLESS OF WHAT AGE YOU ARE!

The challenge is to cultivate a daily eating plan that supplies plenty of nutrients but not too many calories. Sweets and other foods high in sugar, fat, and calories can be enjoyed from time to time but the key is to eat them sparingly

Our bodies change through our 50s, 60s, 70s, 80s, 90s, and beyond. Use these tips to choose foods for better health at each stage of life.

Lifestyle factors such as regular exercise alongside good daily nutrition play a key role in healthy ageing, being well for yourself, enjoying the things that you enjoy doing, and embracing a positive outlook on ageing will support you to live better for longer.



WHO WE ARE:

Meals4Health is a social enterprise of COPE Galway, supporting older people to age well, not just additional years, but healthy years.

Our meals are designed by professional chefs and nutritionists to meet the specific nutritional requirements you need as you age supporting you to eat well, live well, and age well.

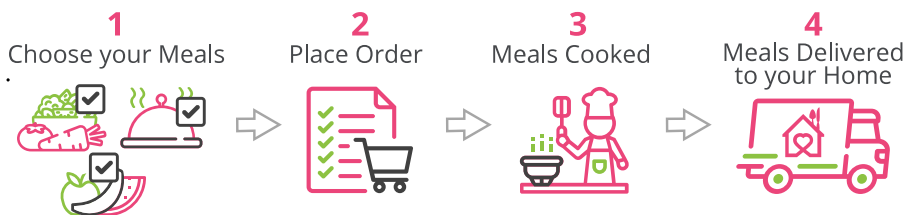


The correct daily nutritional intake will help reduce the likelihood of developing non-communicable diseases such as cardiovascular disease, cancer, chronic kidney disease, osteoarthritis, osteoporosis, or diabetes.

HOW IT WORKS:

Meals can be ordered online **www.meals4health.ie** where you can browse our range of menu options, select your food choices, add any special dietary requirements, and easily pay for meals

How to Order



Alternatively, meals can be ordered by phone with the support of our customer care team: **Call 091 354000**

DELICIOUS, NUTRITIOUS MEALS DELIVERED FRESH TO YOUR DOOR.

WHAT DOES SOCIAL ENTERPRISE MEAN?

Meals4health operates as a business, meals are sold at **affordable** prices which helps **sustain** the social service provided while also providing opportunities for **social and community employment**.

Surpluses generated by Meals4health income are reinvested back into the business to support growth and work towards a future where every older person is supported to eat well, live well, and age well at home with- in their local communities for as long as possible.



The social enterprise model enables a professional yet supportive workplace environment creating employment and recognising the wider social impact achieved by strengthening communities.





Meals4Health

prepares fresh tasty food and delivers directly to your home.

All our meals have been developed by our professional chefs and nutritionist to meet your nutritional needs.





PROTEIN - Is the building block of muscle and helps to keep bones strong and firm.

BREAKFAST IDEAS:

Corn Flakes/ Fruit & Fibre & Milk
(fortified cereal with vitamin D)

1 boiled egg with 1 slice of Brown
Bread Toasted (fortified bread with
Vitamin D)

Cheesy Toast with Scrambled Eggs

Poached Eggs with White Toast
(fortified bread)

BREAKFAST & SNACKS AVAILABLE AT MEALS4HEALTH:

Fresh fruit with Greek Yoghurt

Granola with Greek yoghurt, Berry
& prune compote

Porridge with fortified milk

Or Milky Porridge with
Strawberries and Honey

Brown bread / Scones



MEALS4HEALTH FRESH FRUIT SALAD WITH GREEK YOGURT



CALORIES:

59.8% Carbs

10.9% Protein

29.2% Fat

Strawberries

Blueberries

Grapes

Pineapple

Oranges

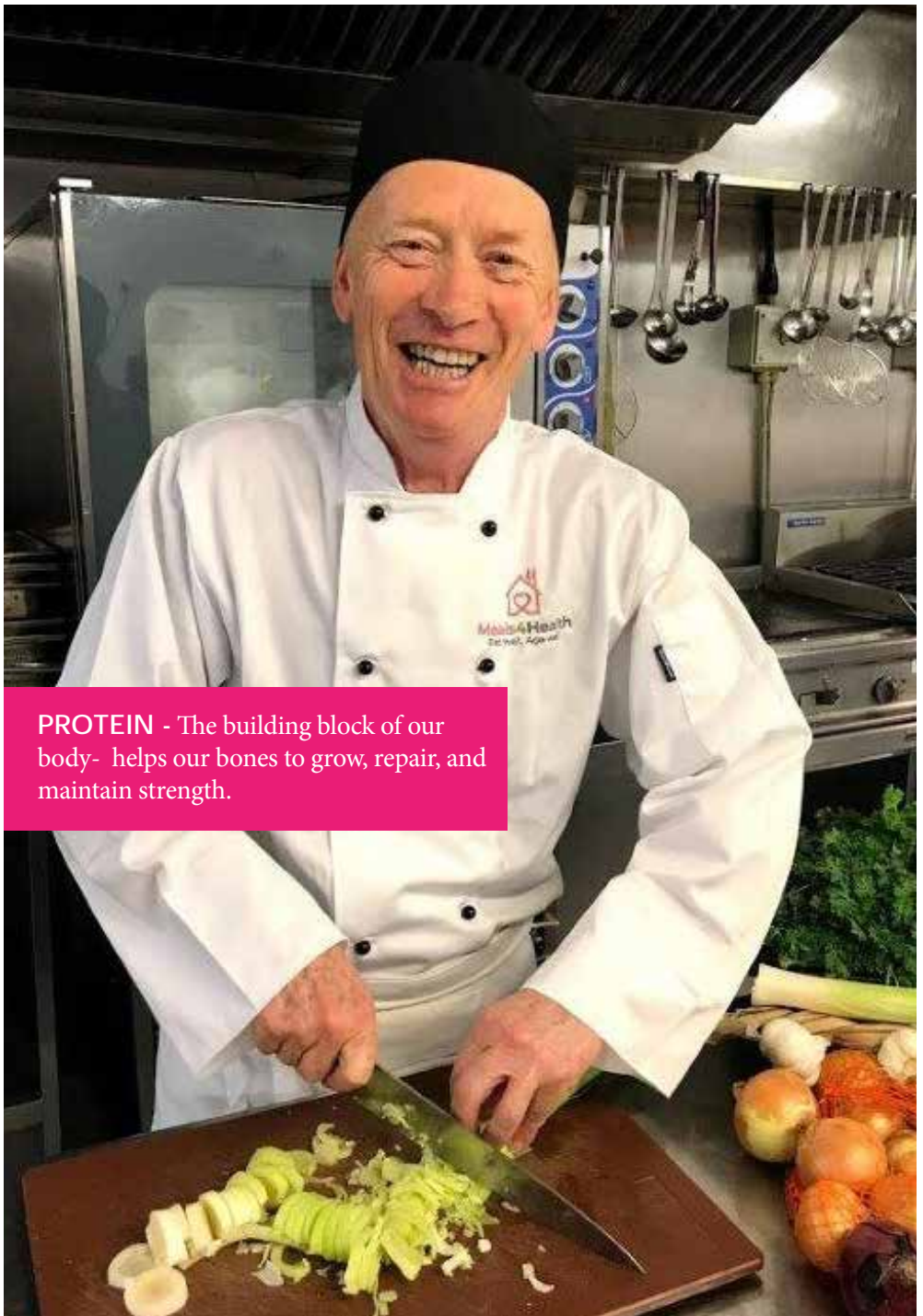
Melon

Yogurt, Greek style, natural



What a great way to start your day....





PROTEIN - The building block of our body- helps our bones to grow, repair, and maintain strength.

LUNCH IDEAS:

Tuna and Cheese sandwich
on Granary toast

Mackerel Salad with Cottage
Cheese

Chicken or Egg Mayonnaise
Salad/ sandwich

Smoked Salmon with
Poached Egg and Toast

MEALS4HEALTH SOUP RANGE WITH OUR HOMEMADE BROWN BREAD:

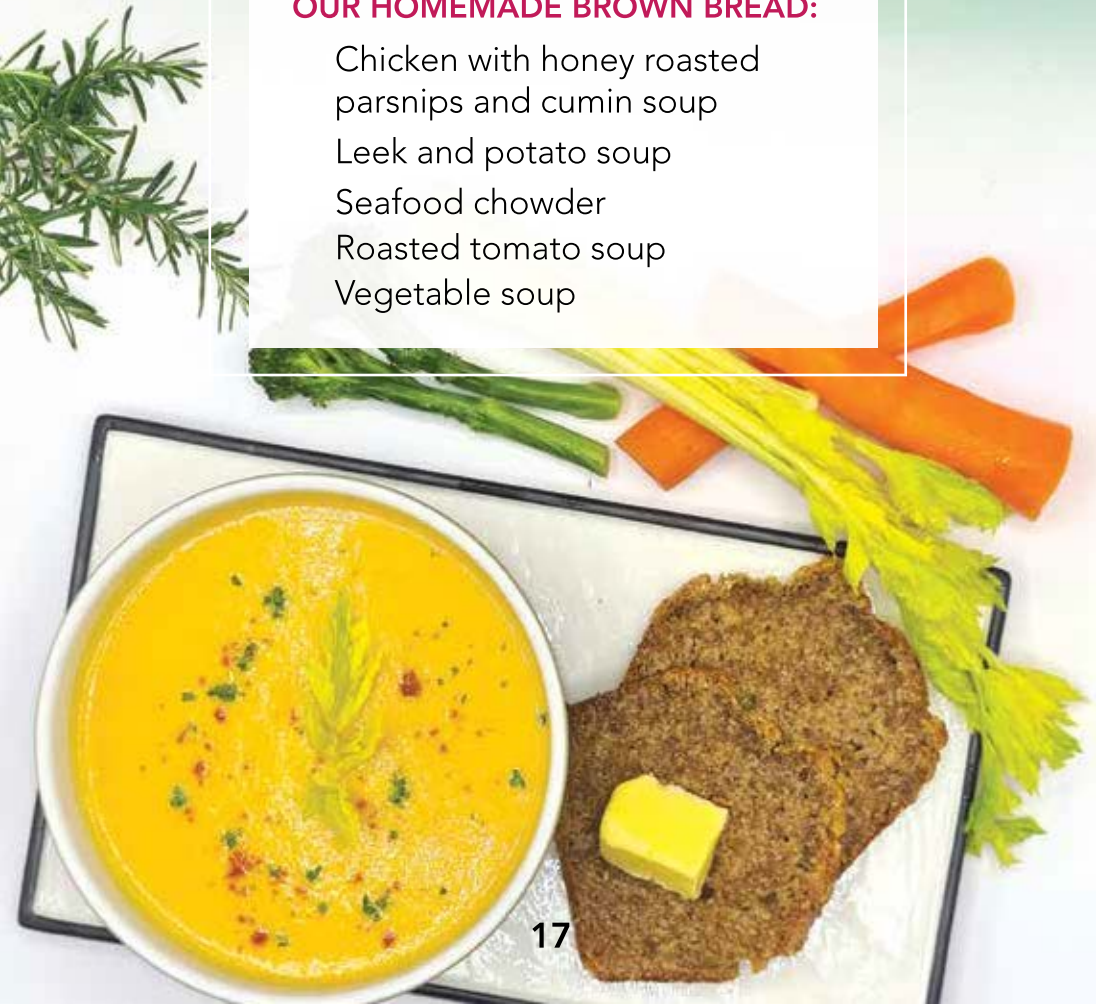
Chicken with honey roasted
parsnips and cumin soup

Leek and potato soup

Seafood chowder

Roasted tomato soup

Vegetable soup





CALORIES:

28.2% Carbs

29.7% Protein

42.1% Fat

MEALS4HEALTH CHICKEN WITH HONEY-ROASTED PARSNIPS & CUMIN SOUP

Onions, Carrots, Honey
Oil, olive Potato
Cinnamon, ground
Thyme, dried, ground
Chicken, light meat

Parsnips, roasted in blended oil
Cream, fresh, whipping
Knorr stock cube, vegetable
Cumin seeds, whole or ground



MEALS4HEALTH SEAFOOD CHOWDER

Onions, raw
Carrots, young, raw
Celery, raw
Potatoes,
Mushrooms,
Peppers, capsicum, red
Garlic
Cod, flesh only
Mussels, purchased cooked
Haddock, flesh only, smoked
Salmon, farmed, flesh only
Knorr stock cube, Fish
Cream, fresh, single
Mussels, purchased cooked



CALORIES:

17% Carbs

37.2% Protein

45.8% Fat





VITAMIN D

- Ensures calcium is absorbed efficiently

"There is no healthy ageing without healthful nutrition"

Eating a healthy balanced diet is essential to keep your body strong.

MEALS4HEALTH
MAIN COURSE RANGE INCLUDES:

Baked Salmon with Broccoli,
Cauliflower and Creamed
Potatoes

Supreme of Chicken Kiev

Pan-fried Lambs Liver with Bacon

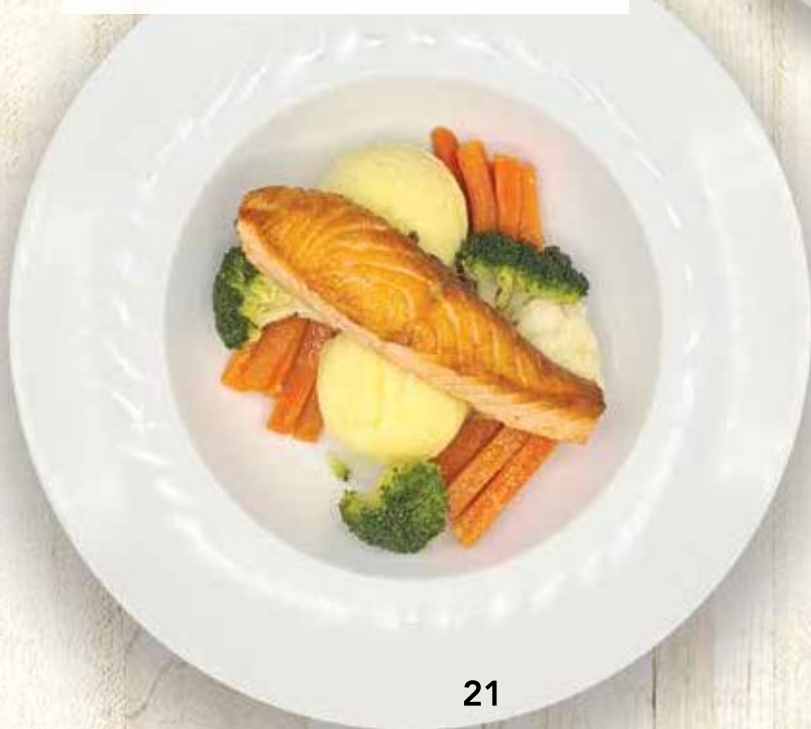
Roast Beef with Peas and
Buttered Carrots

Traditional Cottage Pie
with Seasonal Vegetables

Traditional Irish Stew

Pea & Lentil curry with
basmati rice

Beef & Guinness stew





MEALS4HEALTH
PUDDING RANGE INCLUDES:

Rice Pudding With Berry Compote
Apple Tart with Custard
Semolina Pudding with Stewed Apple
Tapioca Pudding with Stewed Prunes
Carrageen pudding
Bread & Butter Pudding with custard
Fruit Crumble





CALCIUM is better absorbed from dairy foods than from other food products.



Meals4Health
Eat well, Live well

Meals4Health Awards

MEALS4HEALTH AWARDS



Age Friendly Ireland - Business Innovation Award 2019

Ian Talbot Chief Executive of Chambers Ireland, Geraldine Ryan, Sharon Fitzpatrick



Charity Impact Awards: L-R Aidan Deering, Paul Madden, Johnny Kelly



Healthy Communities 2017 L-R Sharon Fitzpatrick, Johnny Kelly, Geraldine Ryan



Social Enterprise Development Award 2018

MEALS4HEALTH TESTIMONIAL



“As the daughter of a diabetic, Meals4Health has been a game changer for our family in keeping my father living at home. Food is tailored to meet his specific dietary requirements, rich in nutrients and low in fat and calories keeping his weight healthy and immune system strong. It puts our (family’s) mind at ease that he has dinner every day, at a time that suits him, the variety of meals is to his liking and he can even order fish for Friday. My father has never cooked, my mother went to a nursing home last year, so with the support of good nutrition and social connection he is able to continue living at home, we are so relieved to know he’s getting a nourishing tasty dinner every day.” **Síle, Tuam, Co. Galway**

“My wife and I have been receiving Meals4Health for the past six months. We just want to let you know that we find them very tasty and adequate in size, and we also very much enjoy the variety on offer, especially as we both have individual preferences and I am gluten intolerant.” **Michael, Galway City**

"I would like to praise the superb Meals4Health food delivery service in Galway that has provided a vital lifeline to my uncle, allowing him to continue to live independently in his own home. The peace of mind, knowing he has had tailored nutritious meals delivered unfailingly each week is invaluable to his wider family. The whole team have been accommodating and caring, continuing their service throughout these recent difficult times going above and beyond their advertised service."

Katherine, London, U.K.

"I am a renal patient at UHL. I live alone. I have very specific dietary requirements which I found very difficult to meet. I was introduced to Meals4Health . It has made my life so easy and relieved the stress which I had developed around cooking my meals. There is an extensive choice on the menu and the chefs reformulate recipes and cooking methods to ensure I eat well for my kidneys. The food is fresh and so tasty. I get a delivery by courier to my door, every week. I see this service as an investment in my health."

Eileen, Kerry



If your diet has been restricted by ill-health or you take certain medications it may affect your bone health. Please speak to a clinical dietitian, GP, or other healthcare professionals if you have any bone health concerns.

*This booklet was produced by **Geraldine Ryan, COPE Galway, Meals4health Hazel O Toole and Michaela Leo Public Health Nutrition, ATU Galway.***

This project was funded by The community foundation for Ireland and Pobal Dormant Accounts Fund This project was approved by Government with support from the Dormant Accounts Fund.

Booklet design by Vanessa Mooney (Moon Design)



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