



|—| FREE MEAL GUIDE |—|

Easy Eating for Seniors

Simple, affordable meals that keep you well

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Eating well without the fuss

Eating well does not have to be complicated, expensive or time-consuming. For older adults, the focus is on variety, staying hydrated, and making each mouthful count. This guide keeps it practical — familiar foods, simple cooking, and a little planning so the pantry always has something healthy on hand.

Key points to remember

- Eat a rainbow — different coloured vegetables and fruits each day.
- Small, frequent meals can be easier than three large ones.
- Sit down, chew well, and enjoy meals with company when you can.

A sample day on this plan

Meal	Options
Breakfast	Oats or porridge with milk and fruit · or soft-boiled eggs with toast · or bubur (congee) with a little chicken and ginger.
Lunch	Rice with fish, tofu or chicken and a generous serving of vegetables · or soup noodles with greens and egg.
Dinner	A light rice or noodle meal with protein and vegetables · or a hearty vegetable soup with fish.
Snacks	Fruit · a boiled egg · yoghurt · nuts · or a small bowl of bubur kacang.

Weekly shopping list

- Rice / noodles / oats
- Chicken / fish / tofu
- Milk / plant milk
- Seasonal fruit
- Wholemeal bread
- Yoghurt
- Eggs
- Ikan bilis
- Seasonal vegetables
- Lentils / dal
- Sardines
- Cooking oil (moderate)

Handy tips

- Frozen vegetables are just as nutritious and reduce waste — keep a bag in the freezer.
- If appetite is low, add nutritious calories with milk, eggs or a spoon of oil to soups.
- Drink water regularly — thirst fades with age, so set reminders if needed.

This guide is general information, not medical advice. Always check with your doctor or a dietitian before major dietary changes, especially if you manage a health condition.

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