



Older people

Healthy eating plays an important role in helping you feel young at heart. If you eat properly you'll feel better because your continued good health depends on good nutrition.

Omega-3 fatty acids

- Function
- Blood cleanser
- Mood
- Memory loss
- Depression
- Stress
- Eyes
- Skin
- Cancer
- Cholesterol
- Blood clotting
- Arrhythmia
- Joints

Function

It is essential for brain function, including concentration and learning abilities, memory retention and moods.

Blood cleanser

It acts as a blood cleanser, making the blood more fluid and allowing more oxygen to the brain.

Mood

Omega-3 has been shown to help promote a positive mood and emotional balance.

Memory loss

It lowers the likelihood of "silent" brain lesions that can cause memory loss and dementia.

Depression

It may play a beneficial role in reducing depression and mental decline in older people.

Stress

Omega 3 can reduce stress by controlling the stress creating hormones.

Eyes

Omega-3 is a primary ingredient of the retina and helps maintain good eyesight.

Skin

Omega-3 releases collagen and elastin which make skin elastic and smooth.

Cancer

Omega-3 fatty acids may have cancer fighting properties as it seems to prevent healthy cells from growing cancerous.

Cholesterol

The polyunsaturated fats in Lucky Star Pilchards include high levels of Omega-3 fatty acids, which help to control cholesterol levels and reduce the incidence of heart disease.

Blood clotting

Omega-3 fatty acids play a role in the regulation of blood clotting and vessel constriction.

Arrhythmia

It may play a beneficial role in arrhythmia (irregular heartbeat).

Joints

Omega-3 fatty acids may reduce tissue inflammation and alleviate the symptoms of rheumatoid arthritis.

Protein

Some dieticians recommend that older people increase their intake of protein.

- Growth
- Animal protein
- Fish

Growth

We need protein for growth, body building and for repairing worn out or damaged tissues, especially bone cartilage and muscle.

Animal protein

Animal proteins are better than plant proteins, and the best sources are cheese, eggs, fish, meat and milk – these are complete proteins.

Fish

Fish is better than meat as the prime protein in fish is much more easily digested than that in meat and it is cheaper.

Lycopene

- Cholesterol
- Heart attacks
- Cancer

Cholesterol

Lycopene limits the bad cholesterol that leads to a hardening of the arteries and artery disease.

Heart attacks

If you have a high level of lycopene you are half as likely to suffer heart attacks as those with low levels.

Cancer

Researchers have found a strong relationship between your lycopene intake and a reduced risk of cancer of the prostate gland and the pancreas. Should you consume lycopene products at least twice a week, you will reduce your possibility of prostate cancer by 34%, shows a study conducted by the Dana-Farber Cancer Institute.

Calcium

- Vital
- Fish bones
- Low levels

Vital

Calcium is an essential nutrient for older people, especially women, to help prevent osteoporosis and the risk of injury.

Fish bones

The bones in Lucky Star are so soft that even a toddler can eat them - so either eat the fish as it is, bones and all, or mash the bones in with their sauce. Do not throw the bones away - they are a valuable source of calcium.

Low levels

If the calcium level in your blood falls below its normal range, the body will begin to draw on the supply in your bones. Especially women are at risk of developing osteoporosis and should build up strong bones by eating food rich in calcium.

Selenium

- Cancer
- Arthritis
- Ageing

Cancer

Studies show the potential benefits of selenium in prevention of prostate cancer. Men with high blood levels of selenium may be about half as likely to develop advanced prostate cancer as those with lower blood selenium.

Arthritis

This mineral shows promise in treating arthritis and research on this is continuing.

Ageing

Selenium prevents or slows the biochemical ageing process of tissue degeneration and hardening - loss of youthful elasticity.