

Men & Women above 40 years

Are you meeting your nutrition needs?



Fats

For both men & women,
20-35% of total daily calories
should come from fats

**Focus on
healthy fats
like egg yolk,
nuts, seeds,
ghee**



Protein

Men

vs

Women

**0.80 - 2 gm per kg
body weight
per day**

**0.80 - 2 gm per kg
body weight
per day**



Good sources of protein: lentils, beans, dairy products, poultry, fish, eggs and nuts

Fibre

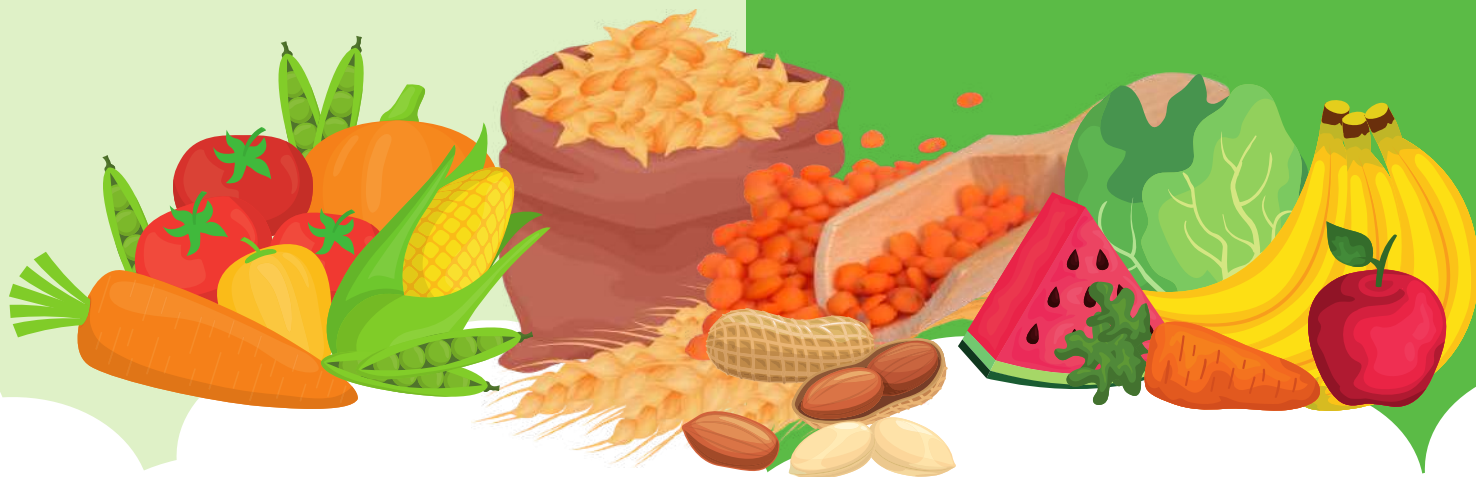
Men

vs

Women

**30-38 gms
per day**

**21-25 gms
per day**



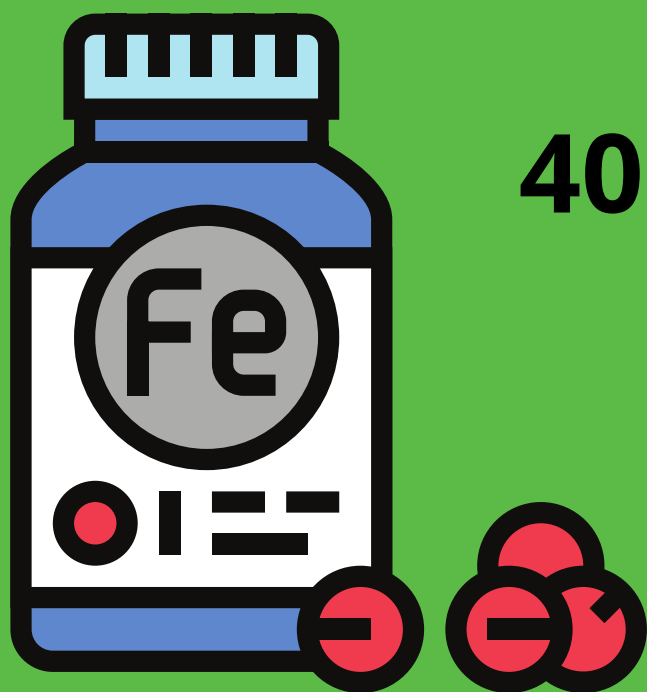
Good sources of fibre: Whole grains, legumes, fruits, vegetables and nuts

Vitamins & Minerals

Vitamin D, Vitamin B12, Calcium, Vitamin E and Omega-3 fatty acids are vital for both men & women



For Women: Iron is important. Women over 40 who are premenopausal or have heavy periods are at risk of iron deficiency.



Hydration

Men

vs

Women

**3.7 liters
per day**

**2.7 liters
per day**



Includes water, herbal teas and non-caffeinated beverage

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