



Ageing Well in the Algarve

Nutrition, Longevity &
Mediterranean Living

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From “Golden Years” to healthy ageing

The retirement dream becomes health only when translated into daily habits.

**Golden
years**

**Retirement in the
sun**

**Dream
retirement**

Many international residents associate the Algarve with **sun, calm, safety** and **quality of life**.

And place matters, but **everyday habits determine the outcome.**

Ageing well means preserving function: energy, mobility, independence, cognition and social life.



Ageing in the Algarve: perception and reality

45%

reported “good” quality
of life

46%

reported “neutral”
quality of life in the same
sample

Perception

Good climate
Sea, nature and light
Slower rhythm of life
International
communities

Evidence

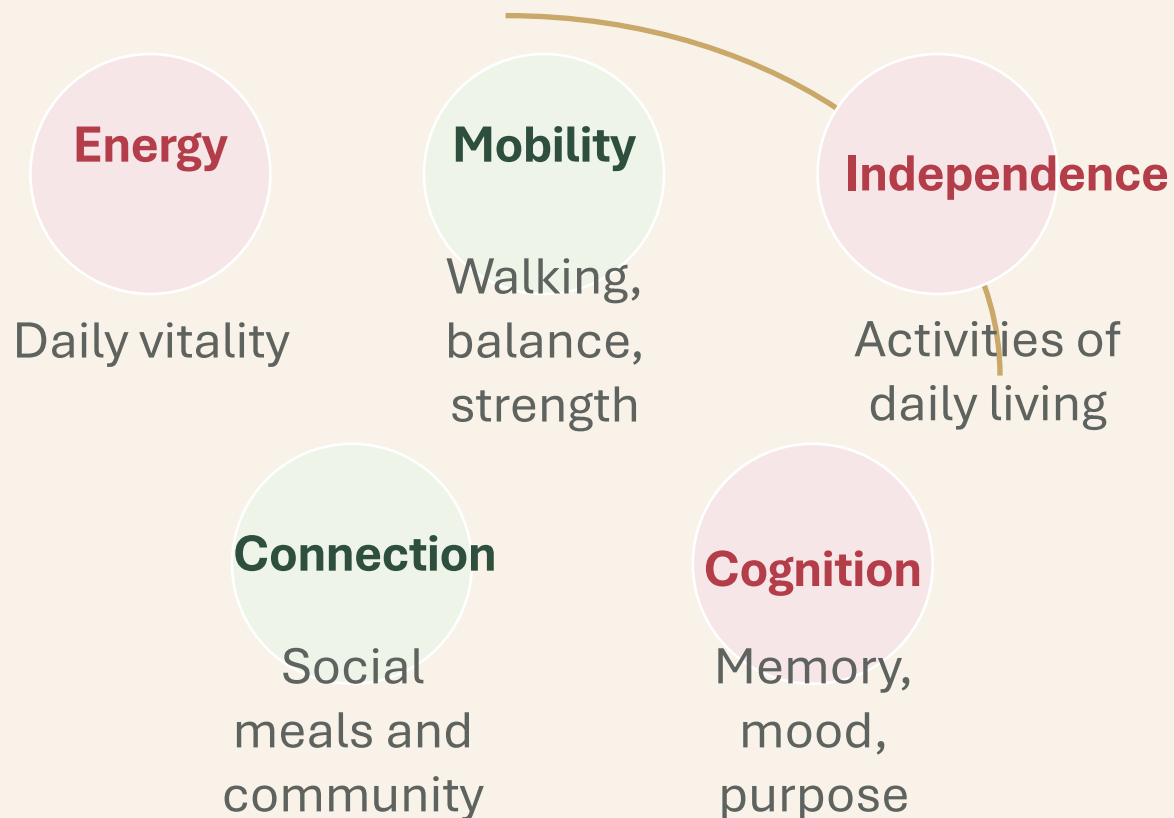
Ageing is
multidimensional:
quality of life varies by
health, income,
education, autonomy
and social support

Practical takeaway

The Algarve is
favourable, but it does
not replace prevention,
personalised nutrition
and active routines.

Healthy ageing is function, not age

The goal is to live longer with more capacity, not simply to add years.



In practice, “ageing well” means:

preserving muscle and bone health

supporting digestion and metabolic health

keeping eating pleasurable and realistic

reducing frailty risk where possible

Blue Zones: lessons from longevity cultures

Use as inspiration: repeated habits matter more than one “superfood”.

Common patterns

Plant-rich meals and regular legumes

Natural daily movement

Purpose and routine

Rest and stress regulation

Strong social ties



Longevity is built through rhythm, not perfection.

The Mediterranean Way

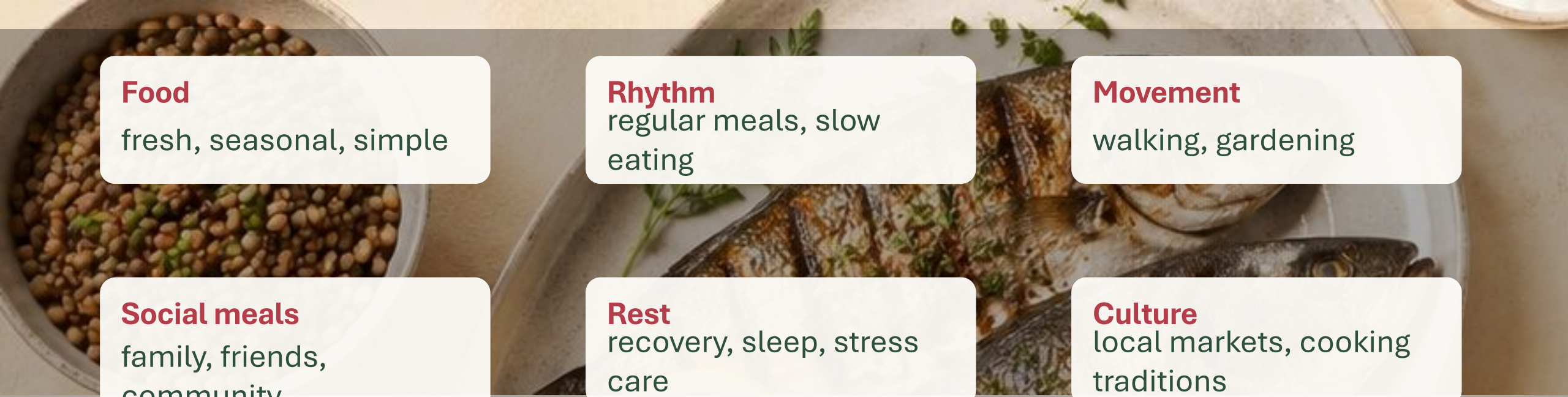
Mediterranean Food Pyramid

A lifestyle-based approach to healthy eating



The Mediterranean Way: not only diet

UNESCO frames it as knowledge, rituals, sharing and a way of life.

The background of the slide features a photograph of Mediterranean food. On the left, there is a bowl filled with chickpeas and green herbs. On the right, there is a plate with several pieces of grilled fish, garnished with fresh herbs.

Food

fresh, seasonal, simple

Rhythm

regular meals, slow eating

Movement

walking, gardening

Social meals

family, friends, community

Rest

recovery, sleep, stress care

Culture

local markets, cooking traditions

Mediterranean Diet & healthy ageing

One of the most studied dietary patterns for older adults.

Open Access Systematic Review

Mediterranean Diet in Older Adults: Cardiovascular Outcomes and Mortality from Observational and Interventional Studies—A Systematic Review and Meta-Analysis

by Michela Furbatto ¹, Diana Lelli ^{2,*} , Raffaele Antonelli Incalzi ^{3,4}  and Claudio Pedone ^{1,2} 

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28

studies included
in a 2024
systematic
review/meta-
analysis

679k+

older adult
participants
across included
studies

−23%

all-cause
mortality risk
with high
adherence

−27%

cardiovascular
mortality risk
with high
adherence

The benefit is not from one isolated food.

It is the long-term pattern: vegetables, fruit, olive oil, fish, legumes, nuts, whole grains, herbs and social meals.

Nutrition priorities after 65+

Protein muscle mass, strength, independence

Fibre gut health, cholesterol, glycaemic balance

Calcium + Vitamin D bone health and falls prevention strategy

Omega-3 + olive oil cardiovascular and inflammatory balance

Hydration especially relevant in the Algarve heat

The Ageing Well Plate

A simple Mediterranean plate model for daily life.



½ plate

vegetables or salad

¼ plate

protein: fish, eggs, poultry,
legumes, dairy

¼ plate

quality carbohydrates:
potatoes, rice, whole grains,
pulses

Add

olive oil, herbs and water

Finish

fruit or natural yoghurt

Balanced. Colourful. Local. Realistic.

Common mistakes in the “retirement lifestyle”

Risk pattern

Skipping meals and overeating at night

Too little protein early in the day

Low water intake in warm weather

Frequent alcohol or oversized portions

Supplements without assessment

Practical shift

Meal Planning and shopping lists

Eggs or High Protein yoghurt at breakfast

Keep water visible and regular

Limit alcohol once a week or one glass of red wine per meal (100 ml)

Review labs, medication and goals before supplementing

Where personalised nutrition helps

In consultation we assess:

personal goals and routine
clinical history and blood tests
medication and supplementation
digestion, energy, sleep and appetite
food preferences and cultural habits
a realistic PT/EN plan



Personalised Nutrition Consultations
Portimão & Online · Portuguese & English



**Ageing well in the Algarve is not only about where we live —
it is about how we live.**

The Algarve gives us the setting. The Mediterranean lifestyle gives
us the method. Personalised nutrition helps make it real.

Book your personalised nutrition consultation

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