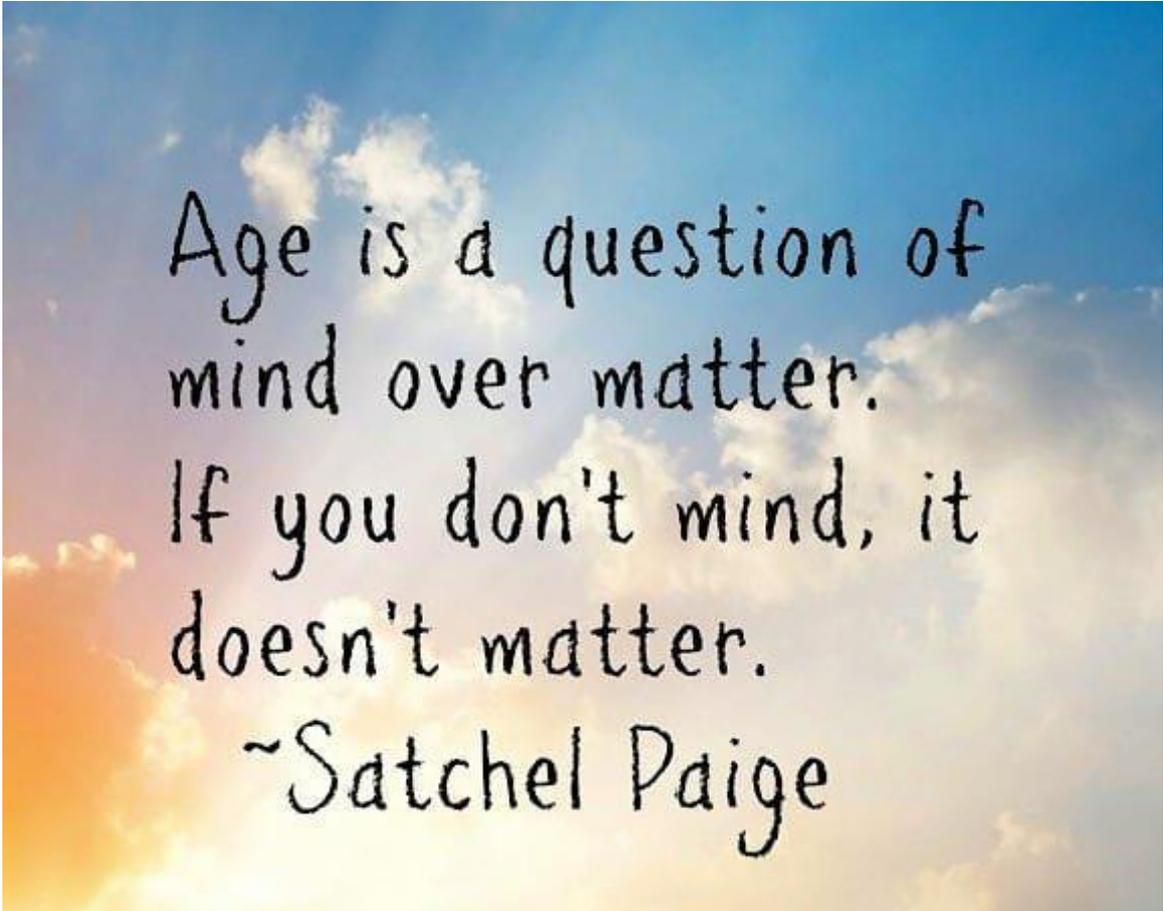


NUTRITION FOR HEALTHY AGING

Leah
ROETHEL, RD,
LRD



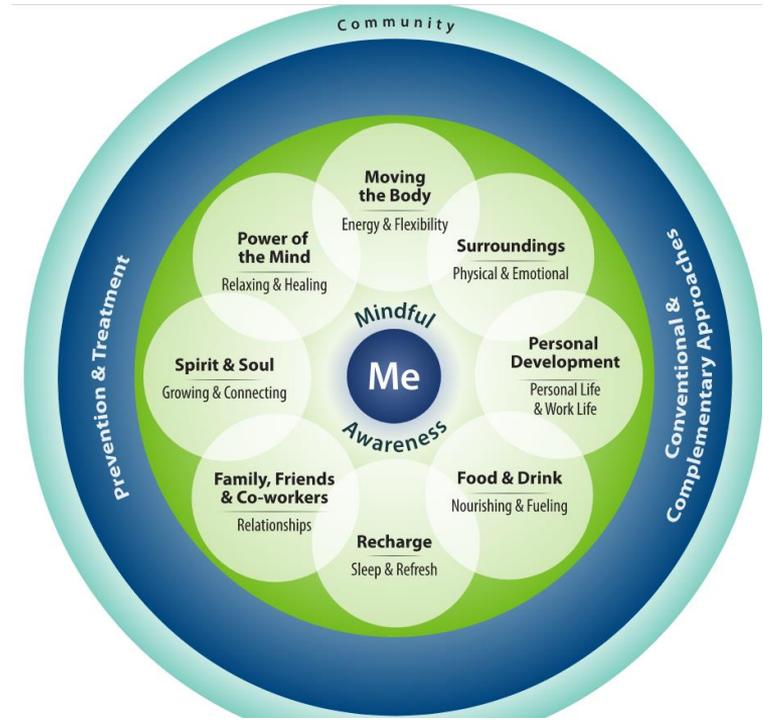
Age is a question of
mind over matter.

If you don't mind, it
doesn't matter.

~Satchel Paige

What do you want your health for?

- As we get older, our diet and activity may change but they are just as important as ever. Older adults still need just as many vitamins, minerals, protein and other nutrients – sometimes more!
- Prevention and Happiness!
 - Maintaining mental, physical, and physiological health
 - Good overall health in these areas lead to increased satisfaction in older adulthood
 - Truly, it is never too late to become a healthier you, inside and out.



The Role of Nutrition

- Eating right and staying fit are important no matter what your age.
- As we get older, our bodies have different needs, so certain nutrients become especially important for good health.
- Once into your 60's and 70's, poor eating habits from earlier decades start showing up.
 - This isn't your destiny, there's still plenty of time to change your health for the better.
 - The focus now is disease prevention! (or management)



The Role of Nutrition: Important Nutrients

- **Vitamin B12**
 - Many people over the age of 50 do not get enough due to decreased absorption
 - Required for proper brain function, nerves, blood cells, and more.
 - **Sources:** Animal protein (meat, fish, and dairy products), and fortified foods such as cereal.
- **Fiber**
 - Promotes healthy digestion
 - Can also help lower risk for heart disease, control weight, and prevent type 2 diabetes
 - **Sources:** Whole grain breads and cereals, beans and peas, and fruits and vegetables.

The Role of Nutrition: Important Nutrients

- **Calcium and Vitamin D:** For your bones...and more!
 - **Calcium Sources:** fortified cereals, dark green leafy vegetables, and canned fish with soft bones
 - If using a multivitamin, make sure it has vitamin D!
 - **Vitamin D Sources:** Vitamin D-fortified milk, Fatty fish, Egg yolk, and Liver
May need to consider an additional 1-2,000 IU daily

The Role of Nutrition: Important Nutrients

- **Iron**
 - Essential for red blood cell formation
 - Combine Iron-rich food or supplements with Vitamin C-rich foods for best absorption
 - **Sources:** Red meats, liver, egg yolk, spinach, raisins or other dried fruit, bran cereals, enriched breads and cereals
- **Zinc:**
 - Vital for many important functions in the body including cell growth and division, immune system, metabolism of carbohydrates, and for our sense of smell and taste
 - **Sources:** Beans, legumes, meats, fish, poultry, peanut butter, shellfish, whole grains

The Role of Nutrition: Important Nutrients

- **Vitamin C**
 - An antioxidant. Important for wound healing and production of collagen. Increases iron absorption
 - **Sources:** Kiwi, Mango, melon, strawberries, tomatoes, citrus fruits, bell pepper, broccoli, brussels sprouts, cauliflower, cabbage, dark leafy greens, potatoes, liver
- **Vitamin A**
 - Vital for night vision, skin, bone development, growth hormone synthesis
 - **Sources:** Broccoli, Spinach, carrots, cod and halibut, milk, cheese, sweet potatoes, winter squash, carrots, cantaloupe

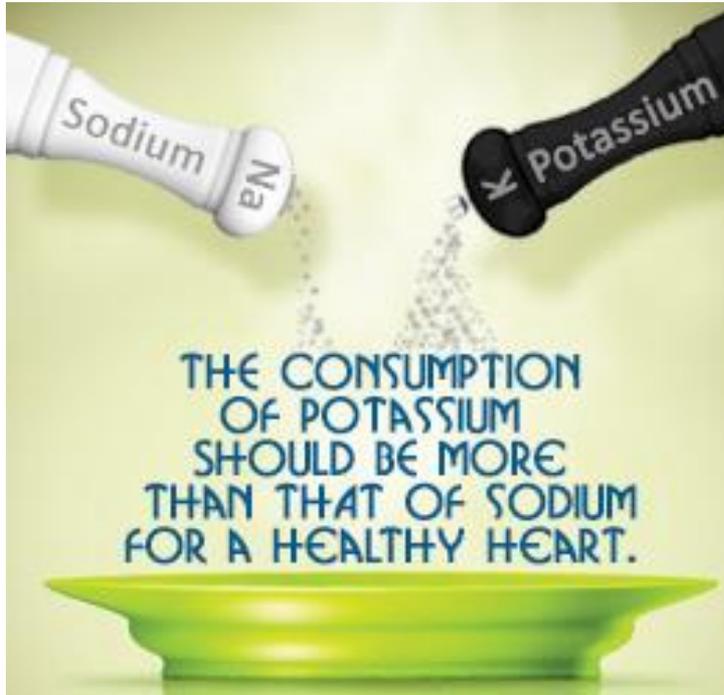
The Role of Nutrition: Important Nutrients

- **Protein:** Proteins are part of every cell, tissue, and organ in your body. These body proteins are constantly being broken down and replaced.
- Spread out the protein you eat throughout the day, at meals and snacks. This will help your body get the most of its protein all day.

Healthy sources include:

- 3 oz. Lean meat, fish, or skinless poultry
- 1 egg
- ½ cup dry beans or peas, cooked
- ½ cup soybeans
- 1 oz. nuts or seeds
- 3 oz. tofu
- 1 cup soy milk
- 1 cup low-fat or fat-free milk
- ½ cup cottage cheese
- 6 oz. plain Greek yogurt
- 1 oz or 1 slice cheddar cheese

The Role of Nutrition: Important Nutrients



- **Potassium and Sodium**
 - Increasing potassium and reducing sodium may lower your risk of high blood pressure.
 - **Sources of potassium:** Fruits, vegetables, and low-fat or fat-free milk and yogurt.
 - **Reducing sodium:** Select and prepare foods with little or no salt.
 - Aim for whole foods by shopping the perimeter of the grocery store
 - Read labels!

Other important considerations



Fluids: Drink plenty of fluids throughout the day to stay hydrated. Try to have a drink before you are thirsty. Water, tea, coffee, milk, and soups are all great options to help get enough fluid.



Herbs and Spices: Include a variety of herbs and spices in order to make meals interesting and enjoyable with different colors, flavors, and smells. Use herbs and spices to reduce the need to add salt to food.

Other Considerations Cont.



- As we get older and may be living alone, food can become less appealing, and it is not uncommon to eat too little. Many people can become bored with food over time and may start to eat less than they need.
- Keep food and meals interesting by trying new foods, recipes, cooking methods, or herbs and spices. You can also use meals as a social time. Start a group of friends or family to have meals together once or twice per week.

10 Foods to Eat More Often:

- 6 or more servings of green leafy vegetables each week
- 1 or more servings of non-leafy vegetables each day
- 5 servings of nuts each week
- 2 or more servings of berries each week
- 3 or more servings of beans each week
- 3 or more servings of whole grains each day
- 1 serving of fish each week
- 2 servings of poultry each week
- Use olive oil as your main cooking oil
- Drink 1 glass of wine each day (but if you don't drink, don't start!)

5 Foods to Choose Less Often

- Limit red meat to less than 4 servings each week
- Limit butter and margarine to less than 1 Tablespoon daily
- Limit cheese to less than 1 serving each week
- Limit pastries and sweets to less than 5 servings each week
- Limit fried or fast food to less than 1 serving each week



HEART HEALTH

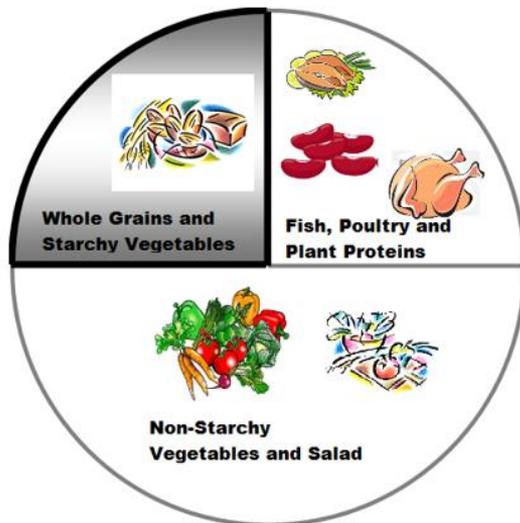
Fresh Fruit 1 piece or ½ cup



Choose deeply colored fruits such as cherries, berries, grapes, pomegranate and watermelon

Mediterranean Plate

One quarter of your plate should include about a cup of a whole grain or a starchy vegetable. The second quarter should include 2-4 ounces of fish, seafood, poultry or a plant protein food.



On half of your plate, include colorful vegetables such as beets, carrots and dark green leafy vegetables to provide vitamins, minerals and fiber

*Shaded areas contain carbohydrates

Beverages



Choose water, tea or red-grape based beverages.

Dairy 1 cup of milk or yogurt



Milk and yogurt provide energy, protein, vitamins A and D, calcium and phosphorus. Choose low-fat and non-fat items.

Improving Cholesterol

- **Limit saturated fats and trans fats**
 - **Saturated fats** are found in: fatty meat, poultry skin, bacon, sausage, whole milk, cream, and butter (Aim for >10% of fat intake)
 - **Trans fats** are found in: stick margarine, shortening, some fried foods, and packaged foods with hydrogenated oils (Aim for as few as possible)
- **Limit the amount of cholesterol** that you eat to less than 200 mg per day
 - **Main sources of cholesterol** are found in: egg yolks, fatty meat, whole milk, cheese, shrimp, lobster, and crab



Limit the amount
of total fat intake

50-70g/day
(based off of
1800-2000kcal
diet)



Eat more omega-
3 fats (also great
for brain health!)

Salmon, tuna,
mackerel, and
sardines.

Walnuts, canola
and soybean oils
Flaxseed



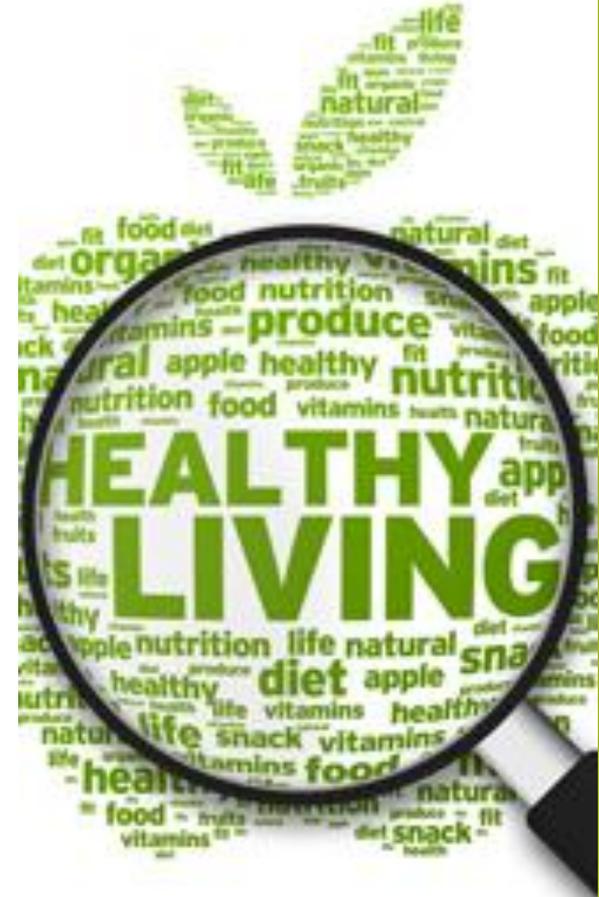
Don't forget the
fiber!

20-25g per day
Aim for 5 cups of
fruits and
vegetables-
think plants!
Make half your
grains whole

Improving Cholesterol

Notice a Pattern?

- Focus on whole foods as the main source of your diet
 - whole grains, fruits, vegetables, lean meats, healthy fats, and low-fat dairy products
 - This will allow for vitamin, mineral, and electrolyte intake to fall into place (i.e. where they need to be!)
- Stay active
 - Aim for at least 150 minutes of activity each week
 - Split it up throughout the day
 - Vary the type of activity



HOW MUCH ACTIVITY

DO OLDER ADULTS NEED?



According to the [*Physical Activity Guidelines for Americans*](#) you should do at least **150 minutes (2½ hours)** a week of moderate-intensity aerobic activity,* like brisk walking or fast dancing.

In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Regular physical activity over long periods of time can produce long-term health benefits. That’s why health experts say that older adults should be regularly active throughout each week to maintain optimal health.



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Endurance Exercise



PHYSICAL ACTIVITIES THAT BUILD ENDURANCE INCLUDE:

- Brisk walking
- Yard work (mowing, raking)
- Dancing
- Jogging
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis
- Playing basketball

Strength Exercise

- Squats
- Lunges
- Push-ups (against the wall, on your knees, or on your toes)
- Dips
- Shoulder presses (reaching your hands in the air or with water bottles)
- Step-ups
- Bicycle crunches

STRENGTH EXERCISES INCLUDE:



LIFTING WEIGHTS



USING A RESISTANCE BAND

SUCCESS

— IS THE SUM OF —

**SMALL
EFFORTS**

**REPEATED DAY-IN
AND DAY-OUT**

ROBERT COLLIER

S

Specific



A specific goal is one that is clearly defined.
For example, you will lose weight for your wedding.

M

Measurable



Quantify your goal.
You will lose 10 pounds before the wedding.

A

Action Oriented



Take action.
Stick to personalised diet and exercise programs.

R

Realistic



Be realistic.
10 pounds is easily within your reach!

T

Timed



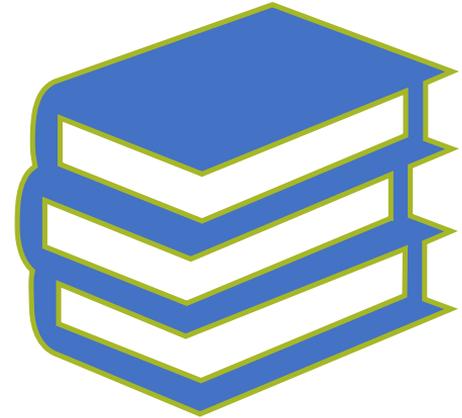
Consider your time frame.
You have 4 months to go. Stay dedicated, and you **WILL** make it!

The U.S. Department of Agriculture's [ChooseMyPlate](#) offers [sample two-week menus](#). These menus provide recommended food group amounts for a 2,000-calorie [USDA Food Pattern](#). They also meet recommended intake amounts for almost all nutrients. The menus include healthy dishes that you can learn to prepare from recipes at [What's Cooking? USDA Healthy Mixing Bowl](#). Other cookbooks and healthy recipes for many different types of cuisines are featured at:

- [ChooseMyPlate.gov Recipes, Cookbooks, and Menus](#)
- [Nutrition.gov Recipes](#)
- [Your Guide to Lowering Your Blood Pressure with DASH \(NHLBI\)](#) (PDF, 793 KB) [Sample Menus: Healthy Eating for Older Adults | National Institute on Aging \(nih.gov\)](#)

Resources

- <http://nutritioncaremanual.org/vault/editor/Docs/HeartHealthyNutritionTherapy.pdf>
- <http://www.nlm.nih.gov/medlineplus/druginfo/natural/926.html>
- <http://circ.ahajournals.org/content/96/7/2468.full>
- <http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>
- [Nutrition for aging – Healthy Eating & Active Living \(wisc.edu\)](#)
- Other helpful resources:
- <https://www.nia.nih.gov/health/healthy-eating>
- https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/at-risk-populations/older-adults-and-food-safety/ct_index
- <https://www.mealsonwheelsamerica.org/>
- Eatingwell.com
- www.nutrition.va.gov/asp





QUESTIONS?

