

Healthy Food Choices for Successful Aging

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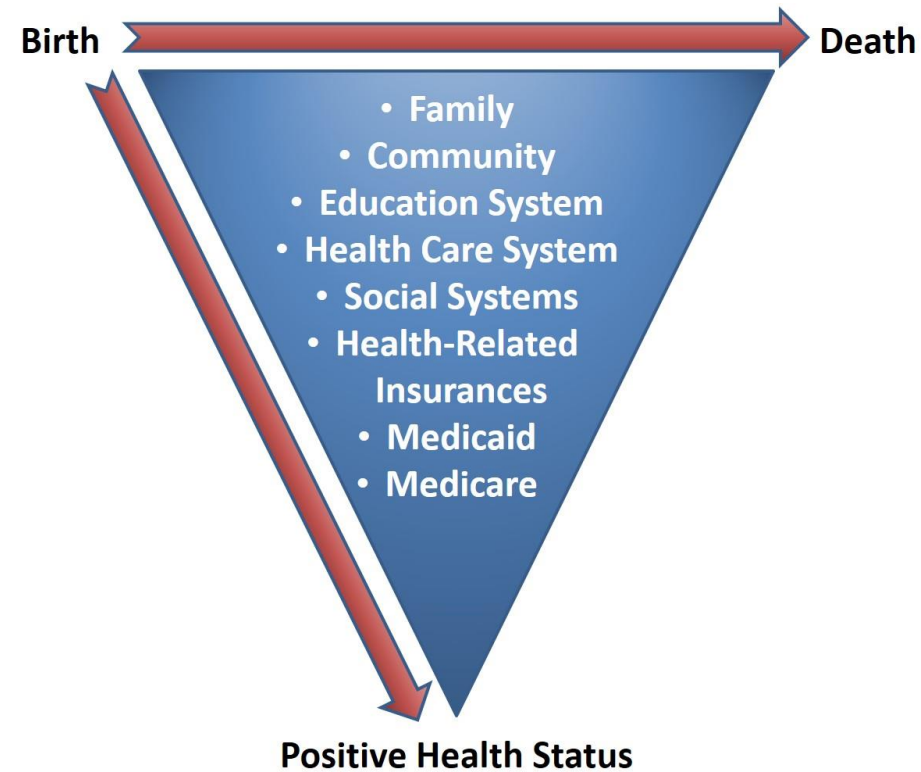
Objectives

- ▶ Discuss the benefits of good nutrition for persons age 65 years and older
- ▶ Identify the foods that promote positive maturity
- ▶ Discuss how to incorporate good nutrition in a variety of residential settings
- ▶ Translate the current research related to nutrition and positive maturity

Disclosure

- ▶ I have no personal or financial interests in this presentation which is being delivered for educational purposes.

Integrated Nutrition Services Throughout the Lifespan



Person-Centered Coordinated Interprofessional Care and Services

Determinants of Aging

- ▶ Life style
- ▶ Physiological make-up
- ▶ Presence of pathology

Nutrition is an Essential Interprofessional Discipline within Itself

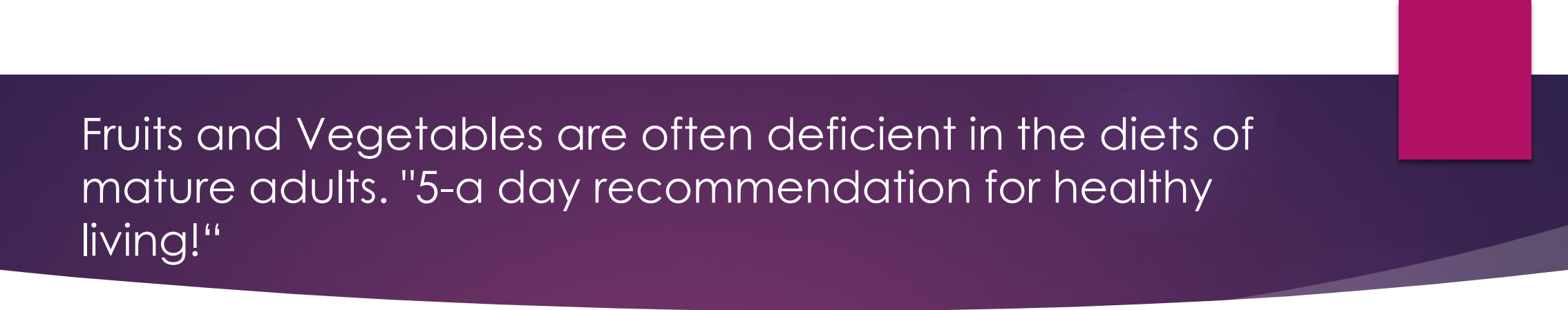
- ▶ Tenants of Good Health:
 - ▶ Adequate and Varied Food Intake
 - ▶ Exercise
 - ▶ Dental Care
 - ▶ Physical Mobility
 - ▶ Eye Sight
 - ▶ Medication Usage
 - ▶ Mental Status (Especially Depression And Dementia)
 - ▶ Health Literacy
 - ▶ Resource Availability

Healthy Food Choices for Mature Adults Must Include:

- ▶ Nutrient-dense Foods to Meet Vitamin and Mineral Needs within Reduced Energy Requirements
- ▶ Milk Products, Excellent Sources of Calcium And Vitamin D, to Maintain Bone Health
- ▶ Increased Fluid and Fiber Intakes to Minimize Dehydration and Digestive Disturbances
- ▶ Colorful and Tasty Foods to Stimulate Appetites
- ▶ Texture-modified Foods to Facilitate Chewing and Swallowing for those with Oral Health Problems
- ▶ Limited Intake of Salt, Caffeine, and Alcohol

Considerations for Healthy Food Choices

- ▶ In making food choices for Mature Adults Remember:
 - ▶ Any one food, meal, or day's meals **DO NOT** determine healthy eating.
 - ▶ It is the overall pattern of foods eaten over a period of time.
 - ▶ There aren't any "good" or "bad" foods or meals.
 - ▶ The nutritional characteristics of any one food or meal can be balanced by choices made at other meals to create an overall pattern of healthy eating.



Fruits and Vegetables are often deficient in the diets of mature adults. "5-a day recommendation for healthy living!"

- ▶ "Oxygen-free radicals are behind many of the conditions that mature adults endure, including cardiovascular disease and cancer. There is strong evidence that a high intake of fruits and vegetables combats these diseases and free radical formation. These free radicals may also be the cause of diminished brain functioning associated with aging and disorders such as Alzheimer's and Parkinson's disease. The powerful antioxidants of fruits and vegetables may help fight memory loss."

Top Antioxidant Foods

▶ Fruits:

- ▶ Prunes
- Raisins
- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Plums
- Oranges
- Red Grapes
- Cherries

▶ Vegetables:

- ▶ Kale
- Spinach
- Brussels Sprouts
- Alfalfa Sprouts
- Broccoli Beets
- Red Bell Pepper
- Onion
- Corn
- Eggplant

Fiber Occurs in So Many Fresh Fruits and Vegetables and Can Help Control Blood Glucose and Insulin Levels.

The DASH Diet

(Dietary Approaches to Stop Hypertension)

- ▶ The American Heart Association reports the risk of stroke rises proportionately with increasing blood pressure.
- ▶ The DASH diet has been found to decrease blood pressure and combat hypertension.
- ▶ The diet is rich in fruits, vegetables, low-fat dairy products, and is low in fat.
- ▶ High dietary fiber, potassium, calcium, and magnesium are also contributing factors in the diet.
- ▶ After age 35, more calcium is lost from bones than is deposited. If strong bones weren't built early in life, there is an increased risk for developing the bone-thinning condition, osteoporosis.
- ▶ Research has shown a link between osteoporosis and the development of arthritis. By maintaining a diet rich in calcium you can decrease the risk of osteoporosis and possibly fight the development of arthritis.

How many calories do mature adults need?

- ▶ If You Are Over Age 50 and You Want To Stay at the Weight You Are Now—not Lose and Not Gain, How Many Calories Do You Need To Eat Each Day?
 - ▶ The Dietary Guidelines Suggest:
 - ▶ 1,600 Calories 1,800 Calories Or 2,000-2,200 Calories For Women
 - ▶ 2,000-2,200 Calories 2,200-2,400 Calories Or 2,400-2,800 Calories For Men

Important Considerations

- ▶ In any dietary modification, always remember these key points:
 - ▶ Portion Control
 - ▶ Moderation
 - ▶ Balance
 - ▶ "Food Thoughtfulness"
 - ▶ Grazing

MOOD FOODS

- ▶ Carbohydrates
- ▶ Proteins
- ▶ Fats
- ▶ Vitamins
- ▶ Minerals
- ▶ Water

Sugar (the Hidden Threat)

- ▶ Added sugars mean more calories without more nutrients. For some people, added sugars can lead to higher levels of fats in the blood, raising their risk of heart disease. Read the ingredients label to see if the processed food you are eating has added sugar.
- ▶ Key words on the label to look for:

Brown Sugar
Corn Sweetener
Corn Syrup
Dextrose
Fructose
Fruit Juice Concentrate
Glucose
High-Fructose Corn Syrup
Honey

Invert Sugar
Lactose
Maltose
Malt Syrup
Molasses
Raw Sugar
Sucrose
Sugar
Maple Syrup

Snacking (It's Actually Good as We Mature)

- ▶ Snacks are okay, as long as they are smart food choices. Some ideas for healthy snacking include:
- ▶ Have an ounce of cheese with some whole-grain crackers, a container of low-fat or fat-free yogurt, or some low-fat popcorn.
- ▶ Put fruit instead of candy in the bowl on your coffee table.
- ▶ Keep a container of cleaned, raw vegetables in the fridge.
- ▶ If you want some chips or nuts, don't eat from the bag. Count out a serving, and put the bag away.
- ▶ KEEP SNACKS BETWEEN 100 AND 200 CALORIES!

“But I Don't Feel Thirsty”

- ▶ With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important for you to have plenty of fluids.
- ▶ Take sips from a glass of water, milk, or juice between bites during meals. But don't wait for mealtime—try to add liquids throughout the day. For example, have a cup of low-fat soup as an afternoon snack. Drink a full glass of water if you need to take a pill.
- ▶ Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- ▶ Remember, water is a good way to add fluids to your daily routine without adding calories before you take the first bite.

Smart Choices Can Make a BIG Difference

- ▶ Hamburger patty, 4 oz., precooked, extra lean ground beef 167 calories Hamburger patty, 4 oz., precooked, regular ground beef 235 calories
- ▶ Large apple, 8 oz. 110 calories Apple pie, eighth of a 2-crust 9" pie 356 calories
- ▶ Two slices of 100% whole wheat bread (1 oz. each) 138 calories Medium croissant (2 oz.) 231 calories
- ▶ Medium baked potato with peel, 2 tablespoons low-fat sour cream 203 calories French fries, one medium fast-food order 457 calories
- ▶ Roasted chicken breast, skinless (3 oz.) 141 calories Fried chicken wings with skin and batter (3 oz.) 479 calories

"I Thought Oils and Fats Are Bad"

- ▶ **Including the Following Fats and Oils in Your Diet Regularly will Prevent Premature Aging and Give You Boundless Energy For Life.**
 - ▶ Omega-3 fats help reduce inflammation in the body, which researchers have touted as being a driving force behind chronic disease.
 - ▶ Their studies reveal that Omega 3 fatty acids promote healthy levels of cholesterol and triglycerides, support normal blood pressure and help maintain healthy circulation and blood vessels.
 - ▶ Sources of omega-3s include fish oil from wild caught salmon, tuna, halibut, mackerel, sardines, herring and other cold-water species.
 - ▶ Flaxseed oil will also give your diet an omega-3 boost in the form of alpha-linolenic acid.

Coconut Oil

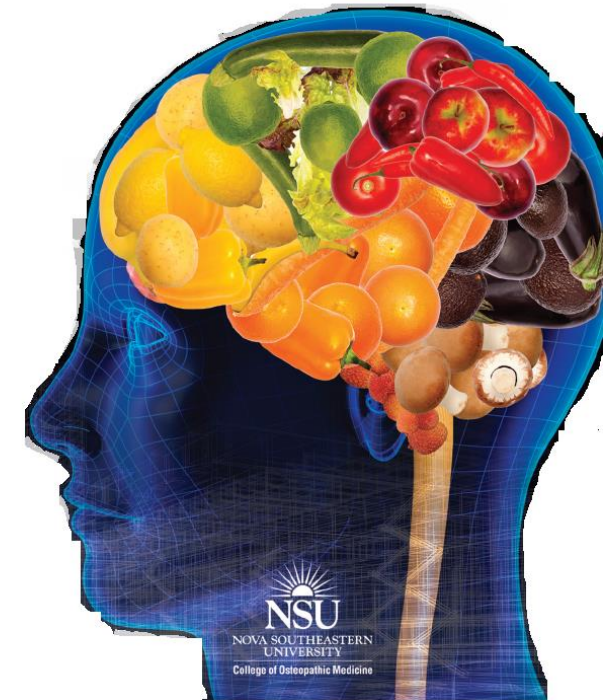
- ▶ The cold pressed, raw, organic oil that comes from coconut is one of the healthiest oils that can be consumed.
- ▶ Although it's been feared in the past due to its high concentration of saturated fats, the unique medium chain structure of these fats, as well as the fact that they are a plant based and in a raw state means that extra virgin coconut oil contains significant antiviral, antifungal and antimicrobial actions.
- ▶ Coconut oil is easily metabolized by the liver, and has antioxidant and anti-inflammatory properties that prevent aging.

Avocado Oil

- ▶ Mother-nature's gorgeous green fruits are abundant in vitamins and minerals that are crucial to the health of your entire body.
- ▶ Particularly high in beta-carotene, lutein, vitamins B6, C, E, K, selenium, zinc, folate, potassium, glutathione, avocados are rich in healthy monounsaturated fats and omega 3 fatty acids, offering remarkable benefits.
- ▶ They're high in carotenoid antioxidants, and contain the perfect amount and balance of dietary fats required for these antioxidants to be optimally absorbed.
- ▶ Included in this perfect balance is the presence of oleic acid, a monounsaturated fatty acid that helps the digestive tract to transport molecules that can carry carotenoids around the body.
- ▶ When combining an avocado with your salad, you are also maximizing the uptake of these fat soluble antioxidants into your skin cells, which are proven to fight against the free radicals that can cause aging.

Feed Your Brain!

- ▶ **"You Are What You Eat"** holds true for successful aging.
- ▶ A healthy diet is important for overall health, including brain health.



To eat right for brain health, current research suggests these steps:

- ▶ Eat a well-balanced heart-healthy diet.
- ▶ Increase intake of colored, dark-skinned fruits and vegetables, including those rich in vitamin E (e.g., blackberries, blueberries, spinach, broccoli) and beta-carotene (e.g., leafy green and yellow vegetables like broccoli, sweet potatoes).
- ▶ Consume a typical “Mediterranean” diet rich in mono-saturated fatty acids.
- ▶ Have at least two servings of baked or broiled fish each week.
- ▶ Include whole grains, fat-free or low-fat milk products, lean meats, poultry fish, beans, eggs and nuts.

To eat right for brain health, current research suggests these steps:

- ▶ Eat foods, like fruits and vegetables, to control blood sugar levels.
- ▶ Include Omega-3 fatty acids—found in cold water fish such as salmon, albacore tuna, mackerel, herring, sardines and lake trout, green leafy vegetables, flaxseed oil and walnuts.
- ▶ Eat foods that contain B6 and B12—found in bananas, beans and chicken breasts (B6) and shellfish, salmon, trout, liver and lean beef (B12).
- ▶ Consume foods rich in antioxidants, which can help protect the brain from the formation of free radicals—found in berries like blueberries and blackberries, nuts such as walnuts and pecans, vegetables such as artichokes and red cabbage, and spices such as turmeric and ground cinnamon.

Avoid:

- ▶ Red meats
- ▶ Saturated fats
- ▶ Salt
- ▶ Added sugars
- ▶ Fried foods
- ▶ Processed foods
- ▶ Trans-fatty acids

Good Nutrition Also Includes

- ▶ Taking Daily **Vitamins**
- ▶ Limiting **Alcohol Consumption**

Questions?

- ▶ **Always Remember:**
 - ▶ YOU ARE WHAT YOU EAT!

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