

Healthy Eating

Special Considerations for Older Adults



We are **AdvocateAuroraHealth**

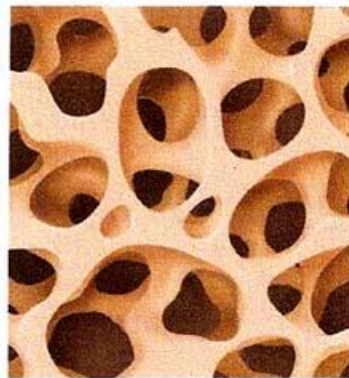
Benefits of a Healthy Diet

- Reduce the risk of chronic disease or help manage disease
- Maintain energy and strength
- Maintain healthy body weight

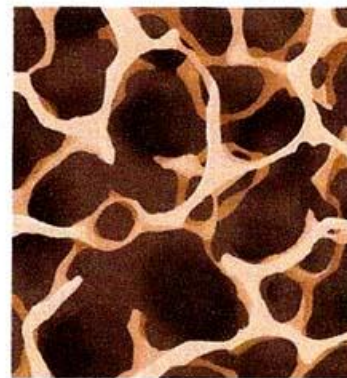


Calcium and Vitamin D

- Essential to bone health
- Vitamin D promotes calcium absorption and bone growth
- Suggested daily amounts
 - Calcium 1,200 mg
 - Vit D = 15 min direct sunshine every day, or 1,000 IU



Healthy bone



Osteoporotic bone

Protein

- Many older adults lose muscle mass – “Sarcopenia”
- 1.0-1.2 g/kg
(up to 2 g/kg if ill or malnourished)

150 lb person = 69-81g/day
25-30 g/meal

Kaiser Permanente, 2019



Vitamin B12

- Many adults over age 50 do not get enough Vitamin B12
- B12 is important for many reasons and our bodies cannot make it and cannot store it for long, and as we age it becomes harder to store
- Sources of B12
 - Dairy
 - Eggs
 - Fish, Meat, Poultry
 - Fortified Foods

Academy of Nutrition and Dietetics, 2018

Fiber

- Fiber helps lower risk for heart disease and diabetes
- Helps with bowel regularity
- High fiber foods
 - Whole grains – oats, quinoa, brown rice, breads
 - Beans, peas, legumes
 - Whole fruits and vegetables



Fats

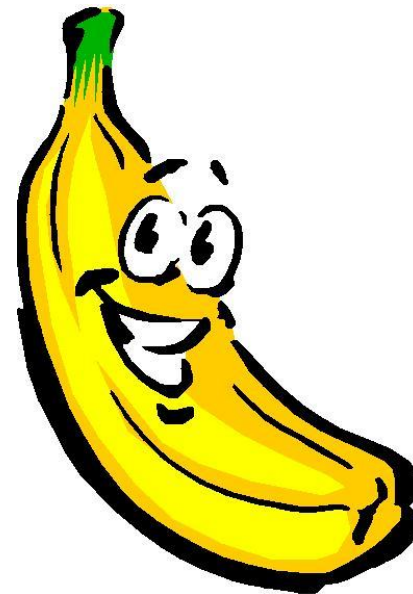
- Increase unsaturated fats
 - Nuts, seeds, avocados, olive oils, fish
- Decrease saturated fats and trans fats
 - Animal fats, cheese, cream, butter, whole milk
 - Baked goods, chips, fried foods, refrigerated doughs, and margarine

Mayo Clinic, 2017



Potassium

- Increasing Potassium and decreasing salt (sodium) helps lower blood pressure
- Potassium rich foods:
 - Potatoes and sweet potatoes
 - bananas
 - Tomato sauce
 - Orange juice
 - Tuna
 - Yogurt and milk



DASH Diet

- High in fresh fruits and veggies
- Lean proteins, nuts, and beans
- Low-fat dairy
- Whole grains
- Very limited saturated fats, red meat, sweets

Mediterranean Diet

- Rich in plant based foods (fruits, veggies, nuts, beans, whole grains)
- Limit red meat
- Eat poultry and fish at least 2x per week
- Use olive oil or canola oil instead of butter
- Use herbs and spices instead of salt
- Includes modest amounts of red wine (or red grape juice)

MIND Diet

- Combination between DASH and Mediterranean

- Brain-Healthy vs. Unhealthy Foods

Veggies

Nuts

Berries

Beans

Poultry

Fish

Olive Oil

Wine

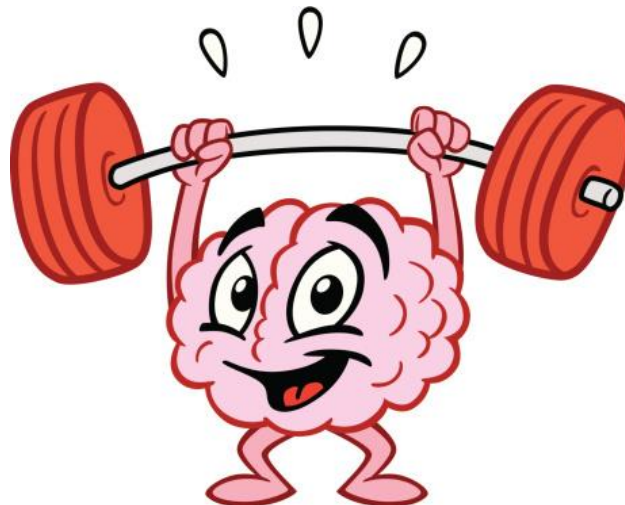
Sweets and Pastries

Butter and Margarine

Fried Food

Cheese

Red Meats



How Do I Remember All This?

Eat Balanced and Varied Meals!

