



# Nutrition for Older Adults: Navigate Nutrition With Ease

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RIVERSIDE COUNTY  
OFFICE ON AGING

# Objectives

Importance of Adequate Nutrition



MyPlate



Tips for Meal Planning and Cooking



Office on Aging Nutrition Resources



Conclusion

# Importance of Adequate Nutrition: Why Eat Healthy?

- ✓ Food = Energy
- ✓ Maintains Adequate Nourishment
- ✓ Helps Manage Chronic Diseases
- ✓ Increases Nutrient Intake
- ✓ Helps Achieve and Maintain a Healthy Weight

# Key Nutrients



Protein - Necessary for tissue formation, cell repair, and hormone and enzyme production. It is essential for building strong muscles and a healthy immune system.



Carbohydrates - Provide a ready source of energy for the body and provide structural constituents for the formation of cells.



Fat - Provides stored energy for the body, functions as structural components of cells and also as signaling molecules for proper cellular communication. It provides insulation to vital organs and works to maintain body temperature.



Vitamins and Minerals - Regulate body processes, are necessary for proper cellular function, and comprise body tissue.



Water - Transports essential nutrients to all body parts, transports waste products for disposal, and aids with body temperature maintenance

# Eat MyPlate

## MyPlate for Older Adults

2020-2025 Dietary Guidelines for Americans

### Fruits & Vegetables

Whole fruits and vegetables are rich in essential nutrients and fiber. Choose a variety that are deeply colored. Take advantage of different forms — particularly fresh and frozen.

### Healthy Oils

Plant oils provide essential fatty acids and fat soluble vitamins. Use them to replace animal fats generally found in meat and full-fat dairy products.

### Herbs & Spices

Replace salt with herbs and spices to enhance flavor and reduce sodium. Look for herb and spice blends without added salt.



### Fluids

Adequate fluid intake is necessary. Sources include water, unsweetened beverages and soups, as well as fruits and vegetables.

### Grains

Enriched grains are good sources of B vitamins, and whole grains of fiber as well. At least 1/2 should be whole grains.

### Dairy

Milk, yogurt, and cheese are sources of calcium and other nutrients. Choose fat-free and low-fat dairy products in place of reduced- and full-fat.

### Protein

High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



Engage in regular physical activity

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Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice



Choose  
whole grain  
foods

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# Healthy Food Shifts

Shift from:  
High-calorie snacks



Shift to:  
Nutrient-dense snacks



Fruit products with added sugars



Fresh fruit



Refined grains



Whole grains



Snacks with added salt or sugars



Snacks without added salt or sugars



Solid fats



Oils



# Tips for Meal Planning and Cooking



**BUY PRE-CUT  
VEGETABLES  
AND FRUIT**



**USE A SLOW  
COOKER,  
PRESSURE  
COOKER,  
AIR FRYER,  
MICROWAVE**



**CHOOSE  
RECIPES  
THAT ARE  
EASIER TO  
PREPARE**



**SET UP THE  
KITCHEN IN  
AN EASY-  
TO-USE WAY**



**UNDERSTAND  
THE  
NUTRIENTS  
YOU NEED**



**PLAN YOUR  
MEALS IN  
ADVANCE**



**DIVIDE YOUR  
RECIPES—OR USE  
YOUR FREEZER**



# Summary

- ▶ A Well-Balanced Diet is Essential for Good Health and Nutrition
- ▶ Eat Nutrient-Rich Foods Often
- ▶ Eat Balanced Meals - MyPlate
- ▶ Small Changes in Diet and in Meal Planning Can Go A Long Way!
- ▶ Office on Aging Offers Nutrition Resources



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OFFICE ON AGING

# Nutrition Resources

Call 1-877-932-4100 or visit:  
[www.rcaging.org](http://www.rcaging.org) for information on  
locations and contacts for lunchtime  
congregate meals, meals delivered to  
homebound seniors, and information  
regarding senior food distributions.

# Questions



*Thank  
you!*

# References

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