

## Nutrition for Older Adults: Navigate Nutrition With Ease

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## 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 reparation, 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

CEREAL

### 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 ½ 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

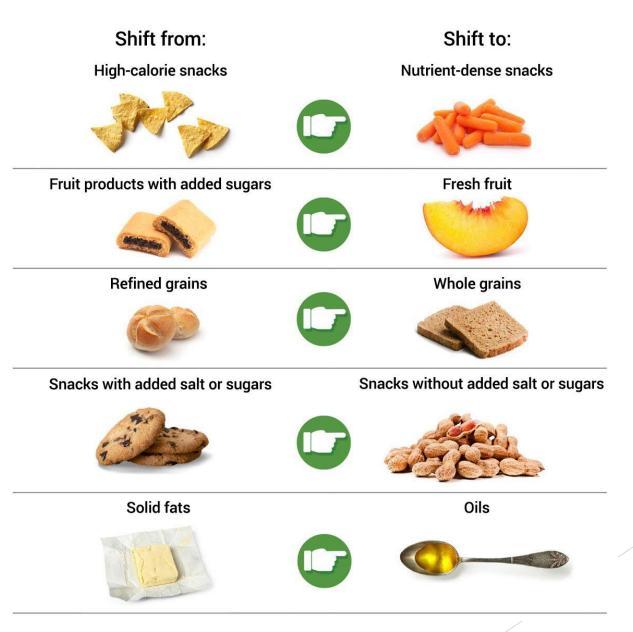
High protein foods are rich in amino acids. Choose a variety including beans, nuts/seeds, fish, poultry and, if desired, lean meat.



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# **Healthy Food Shifts**



# **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



# 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



## **Nutrition Resources**

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

# Questions





## References

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