



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 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

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.



Engage in regular physical activity



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 $\frac{1}{2}$ 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.

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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



Nutrition Resources

Call 1-877-932-4100 or visit:
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!*

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