

# + Nutrition for Older Adults



Senior Companion Group



# Nutrition and Aging

## The Aging Body

- Changes in smell and taste.
- Reduced muscle mass.
- Slowing of immune response.
- Weight gain
- Total body fat increases.
- Loss of bone density.

## Suggested Changes To Make

- Choose foods high in nutrients instead of calories (example: low-fat milk instead of regular milk).
- Protein needs do not increase with age. Too much protein can stress kidneys.
- Reduce fat in diet.
- Increase fiber intake but remember to drink enough fluid.
- To avoid gaining weight, reduce calorie intake or increase activity.
- Drink 5-8 glasses of fluid each day (examples: water, juice, coffee,

MedlinePlus. Nutrition for Seniors.

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>. Accessed on February 25, 2013.

# How to read a nutrition label

## 1. Serving Size

The top of the Nutrition Facts Label shows the **serving size** and the **servings per container**. Serving size is the key to the rest of the information on the Nutrition Facts Label.

- The nutrition information about the food - like the calories, sodium, and fiber - is based upon **one serving**.

### Check Serving Size!

It is very common for a food package to contain more than one serving. One bottled soft drink or a small bag of chips can actually contain two or more serving.

## 2. Percent Daily Value (%DV)

The %DV is a general guide to help you link nutrients in **one serving** of food to their contribution to your **total daily diet**. It can help you determine if a food is high or low in a nutrient: 5% or less is low, 20% or more is high.

## 3. Nutrients

A nutrient is an ingredient in a food that provides nourishment. Nutrients are essential for life and to keep your body functioning properly.

### Nutrients to Get More of:

There are some nutrients that are especially important for your health. You should try to get adequate amounts of these each day.

They are:

- calcium
- dietary fiber
- potassium\*
- vitamin A
- vitamin C
- *Note:* The listing of potassium is optional on the Nutrition Facts Label.

### Nutrients to Get Less of:

There are other nutrients that are important, but that you should *eat in moderate amounts*.

They can increase your risk of certain diseases.

They are:

- Total fat (especially saturated fat)
- Cholesterol
- Sodium

# Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Start here

**Amount Per Serving**

Check calories

**Calories 250**      **Calories from Fat 110**

**% Daily Value\***

Quick guide to % DV

**Total Fat 12g**      **18%**

**Saturated Fat 3g**      **15%**

**Trans Fat 3g**     

5% or less is low  
20% or more is high

**Cholesterol 30mg**      **10%**

**Sodium 470mg**      **20%**

Limit these

**Potassium 700mg**      **20%**

**Total Carbohydrate 31g**      **10%**

Get enough of these

**Dietary Fiber 0g**      **0%**

**Sugars 5g**     

**Protein 5g**     

**Vitamin A**      **4%**

**Vitamin C**      **2%**

**Calcium**      **20%**

**Iron**      **4%**

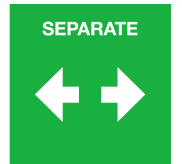
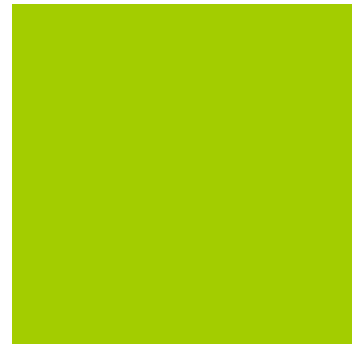
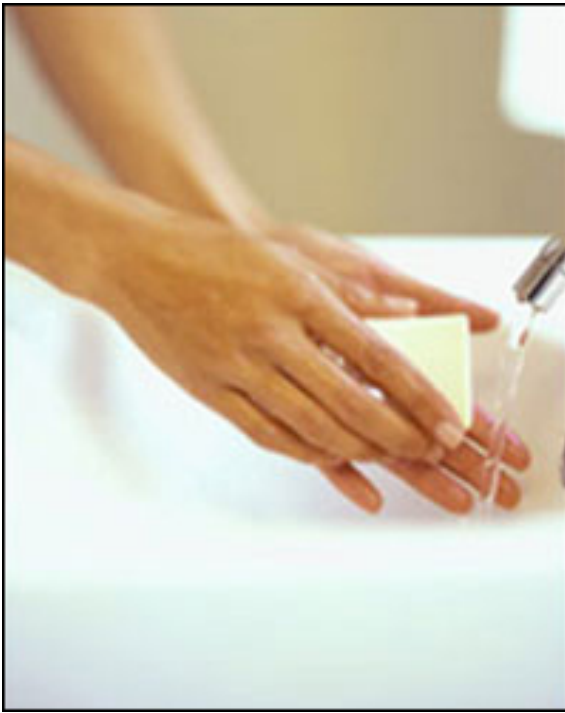
Footnote

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

<http://www.health.gov/dietaryguidelines/dga2005/toolkit/worksheets/foodlabel.htm>





## + Food Safety

Tips to keep you healthy and your food safe.

### 1. Refrigerate promptly

- Store groceries and leftovers quickly. Do not allow perishable foods to sit at room temperature.
- Thawing foods: in the refrigerator, cold water bath (change water every 30 min.). DO NOT thaw foods on counter.

### 2. Separate, do not cross-contaminate

- Keep raw meats away from other foods. Use different cutting boards.
- Do not put cooked food on surfaces used for raw meats.
- Wash cutting boards with hot soapy water.

### 3. Wash hands and surfaces frequently during food preparation

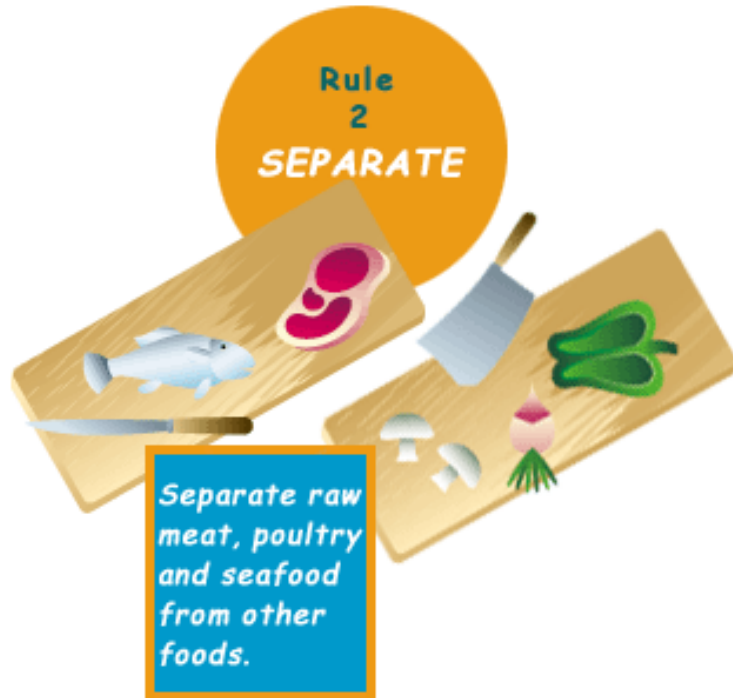
### 4. Cook to proper temperatures

- Use a food thermometer to be sure your foods are cooked fully and safely.
- Fully cook eggs until yolks are no longer runny.
- Be sure to read expiration dates on food labels carefully and notice visible food spoilage.

U.S. Food and Drug Administration. To Your Health! Food Safety for Seniors.

<http://www.fda.gov/Food/ResourcesForYou/Consumers/Seniors/ucm182679.htm>. Last updated: 6/24/2011.

Accessed February 23, 2013.



*Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria.*

*Refrigerate foods quickly because cold temperatures keep most harmful bacteria from growing.*





# RECIPES to try

Quick, easy, delicious, healthy



## Frittata with Broccoli

4 eggs  
4 egg whites  
 $\frac{1}{2}$  - 1 tbsp. canola oil  
2-3 cloves garlic, minced or 2 tsp.  
3 cups chopped broccoli  
2 tbsp. shredded low-fat cheddar cheese  
Salt and ground black pepper, to taste

1. Whisk eggs and egg whites.
2. Spread canola oil over nonstick skillet and heat pan on medium until hot.
3. Add garlic and broccoli. Gently sauté until tender and soft (5 min.).
4. Pour eggs over vegetables. Sprinkle cheese. Lower heat to low-medium until eggs are set. Season with salt and pepper.



## Simple Stir-Fry

1 tbsp. reduced sodium soy sauce  
1 tbsp. rice vinegar  
 $\frac{1}{2}$  tsp. brown sugar  
 $\frac{1}{2}$  tsp. toasted sesame oil  
 $\frac{1}{4}$  tsp. Chinese 5-spice powder  
 $\frac{3}{4}$  lb. skinless, boneless chicken breast, cut into cubes  
2 cups brown rice  
1 tbsp. canola oil  
1 tsp. minced garlic  
1 cup chopped scallions  
1 cup chopped green or red bell pepper  
1 package frozen mixed vegetables

1. Combine soy sauce, vinegar, sugar, sesame oil and 5-spice powder. Toss with chicken.
2. Prepare rice. While rice is cooking, heat  $\frac{1}{2}$  of the oil in a large skillet over medium-high heat.

3. Remove chicken from marinade. Stir-fry 2-3 minutes on all sides until done. Transfer to plate and set aside.
4. Heat remaining oil in skillet. Add garlic, scallions, pepper and vegetables. Stir-fry for 1-2 minutes.
5. Add chicken and stir-fry for 1 minute over high heat until all ingredients steaming hot.
6. Serve over hot rice.

# For more information on...

- Recipes:
  - <http://madehealthier.com/category/local-style-recipes/>
- Food Safety:
  - <http://www.fda.gov/Food/ResourcesForYou/Consumers/Seniors/ucm182679.htm>
- Nutrition:
  - <http://www.nlm.nih.gov/medlineplus/nutritionfor/seniors.html>
- MyPlate:
  - <http://www.choosemyplate.gov/>
- Healthy Living in Hawaii:
  - <http://www.healthyhawaii.com/index.php>



# + Good Grinding for Wise Dining

A nutrition education curriculum for older adults designed by Nutrition Education for Wellness (NEW) through the University of Hawai'i at Manoa Cooperative Extension Service.

**<http://www.ctahr.hawaii.edu/NEW/GG/index.htm>**

## Lesson 1: Strategies for Eating

### **1. Easy Meals – “No cook cooking”**

- Simple, healthy meals can be prepared without any cooking
- Add more vegetables to make a healthier meal.
- Examples: Sandwiches, salads, canned soup, saimin

### **2. One-pot Meals – “One pot hits the spot”**

- Easy to make, easy to clean!

### **3. Microwave Meals – “Time is what we save when we microwave”**

- Save time and energy.
- Microwave cooking helps retain color, flavor, and nutrients.
- Easy clean up.

### **4. Meals in minutes – “Do little steps ahead and we’ll be quickly fed”**

- Plan meals ahead of time.
- Make a grocery list.
- Clean, chop, and cut fruits and vegetables ahead of time.
- Prepare extra for snacks or future meals.

## Lesson 2: Choosing Foods

### **1. Fruits & Veggies – “Fruits and veggies: more matters”**

- Fruits and vegetables contain vitamins, minerals, and other nutrients needed to keep our bodies healthy.
- 5 fruits and vegetables each day
- Have fruit with your breakfast and as a snack.
- Add more vegetables to sandwiches, stews, etc.

### **2. Eating out – “ When eating out, choose fruits and vegetables for our mouths”**

- “Eating out” includes anything outside your home.
- Choose the “healthier option” by ordering meals with fruits and vegetables included.

### **3. Seasonality of Fruits & Vegetables – “Fruits and vegetables are best in season, and priced within reason”**

### **4. Spending Less, Eating Better – “Shop smart for a healthy start”**

- Use grocery ads, sales, coupons, and make a grocery list to plan meals.
- Always consider what is on sale and what you have at home.
- DO NOT shop while hungry.

### **5. Meal Planning – “Let’s make a meal plan, yes we can”**

- Organize recipes and meals to have budget friendly, balanced, delicious, and nutritious meals.



# WHAT'S IN SEASON?

Fruits	Vegetables
<b><u>Winter</u></b>	
<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Grapefruit</li> <li>• Lemons</li> <li>• Oranges</li> <li>• Pears</li> </ul>	<ul style="list-style-type: none"> <li>• Kale</li> <li>• Mushroom</li> <li>• Onion</li> <li>• Potato</li> <li>• Sweet potato/Yams</li> <li>• Turnips</li> <li>• Winter Squash</li> </ul>
<b><u>Spring</u></b>	
<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Bananas</li> <li>• Honeydew melon</li> <li>• Mangos</li> <li>• Pineapple</li> <li>• Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Green beans</li> <li>• Lettuce</li> <li>• Mushroom</li> <li>• Onion</li> <li>• Spinach</li> </ul>
<b><u>Summer</u></b>	
<ul style="list-style-type: none"> <li>• Apricots</li> <li>• Bananas</li> <li>• Blueberries</li> <li>• Cantaloupe</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Grapefruit</li> <li>• Honeydew melon</li> <li>• Kiwi</li> <li>• Nectarines</li> <li>• Peaches</li> <li>• Plums</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Bell peppers</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Garlic</li> <li>• Lima beans</li> <li>• Okra</li> <li>• Peas</li> <li>• Radishes</li> <li>• Summer squash, zucchini</li> <li>• Tomatoes</li> </ul>
<b><u>Fall</u></b>	
<ul style="list-style-type: none"> <li>• Apple</li> <li>• Banana</li> <li>• Grapes</li> <li>• Pears</li> <li>• Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli, Brussels sprouts</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Ginger</li> <li>• Sweet potato/Yams</li> <li>• Winger squash</li> </ul>

## Lesson 3: Regular Eating

### **1. Healthy Bones – “Sticks and stones may break my bones, but calcium foods may help it”**

- Calcium is needed to keep bones and teeth healthy, and our bodies functioning properly.
- Examples: Milk, yogurt, cheese, soy milk, fortified orange juice



### **2. Nutritious Snacking – “Eat a little, do it often”**

- Eat 5-6 small meals/snacks each day and drink water regularly throughout the day.
- Examples: ½ egg sandwich, fruit, pudding, yogurt, nuts
- Eat only when hungry, not because you are bored or tired.

### **3. Whole Grains – “Whole grains, we go! Go, go whole grains!”**

- Whole grains contain important vitamins and minerals, especially FIBER!
- Eat at least 3 whole grain foods each day.
- Examples: Brown rice, oatmeal, whole wheat bread, barley, etc.

### **4. Fruits & Veggies: All Forms Matter – “All forms matter, so put more on you platter**

- Fresh, frozen, dried, 100% juice, or canned
- Drain liquid from canned fruits and vegetables to get rid of extra salt and sweeteners.

### **5. Protein-Rich Foods – “I vary, you vary, we all vary our protein”**

- Protein helps keep the body, muscles, blood, bones, skin, and cartilage functioning properly.
- Getting enough protein helps fight infection, make recovery faster, and maintain muscle mass to prevent falls.

### **6. Breakfast – “Let’s start great with a breakfast plate”**



## Lesson 4: Celebration Foods

### **1. Favorite Foods – “Favorite foods can be good, add fruits and vegetables...yes we should!”**

- EVERYTHING IN MODERATION
- Add more fruits and veggies to favorite foods to make them the healthier option.
- Make fruit-based desserts.

### **2. Sugar, Fats, Salts – “Caution foods...watch out!”**

- Be careful of added sugars, salt, and fat.
- Too much can be damaging to health.



### **3. Living Local – “Try all kinds”**

### **4. Local Healthy Snacks – “Snacks are fine, especially, the local healthy kind”**

- Try to eat snacks that contain fruits and vegetables.
- Local snacks are tasty, but often high in fat, sugar, and salt.
- Examples: Trail mix, banana bread, fruits, veggies, boiled peanuts, yogurt

### **5. Delicious Desserts – “Let’s have our dessert and eat it too, especially when it’s healthy for you”**

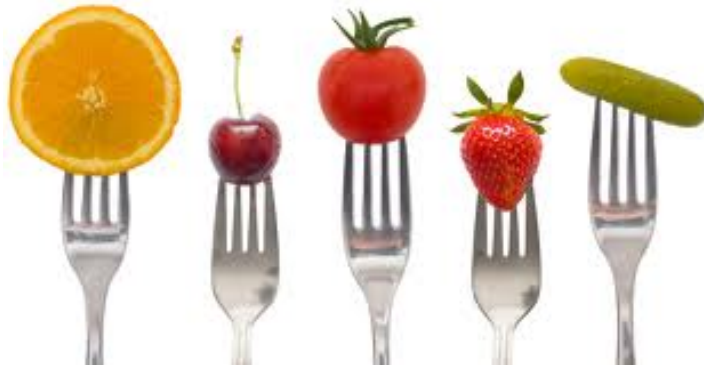
- The typical pie, cake, and other dessert items are high in fat, sugar, and calories.
- Substitute ingredients that are lower in fat and sugar, like fruit and fruit-based ingredients.
- Examples: Fruit breads, sorbet, fruit tart, fruit salad

### **6. Get-Togethers – “Keep it simple and enjoy the people”**

- We all enjoy celebrating with family and friends, and food is almost always involved.
- When planning get-togethers, try to include foods from all different food groups.
- Try to include a fruit and vegetable item in the food display.



Live long.  
Live healthy.  
Live happy.



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Thank you to the Senior Companion Group and the NEW program.