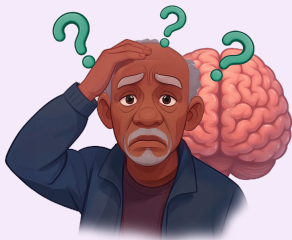

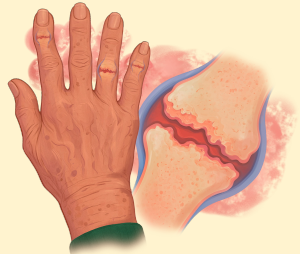


## TOPIC: NUTRITION FOR OLDER ADULTS (AGES 50+)

### Nutritional Concerns for Older Adults

◆ Older adults are at greater risk for some chronic conditions; risk can be \_\_\_\_\_ by a healthy diet & lifestyle:

<b>Alzheimer's Disease</b> - Chronic, progressive brain disease impacting memory/thinking skills.	<b>Cancer</b> - Uncontrolled _____ & spread of abnormal cells due to DNA mutation.	<b>Arthritis</b> - Painful _____ inflammation caused by cartilage degeneration.
		
- Following the _____ diet - combination of Mediterranean & DASH diets.	- Avoiding tobacco, alcohol, & red/processed meats. - Eating fruits/vegetables/whole grains.	- Maintaining healthy bodyweight. - Prioritizing omega-3 fatty acids.

### PRACTICE

Mary is 70 years old and worried about Alzheimer's due to her family history of the disease. Which of the following has been shown to reduce the risk of Alzheimer's?

- a) Adopting a high protein diet with a focus on limiting carbohydrate intake.
- b) Following a strict ovo-vegetarian diet (type of vegetarianism that cuts out all animal products except eggs).
- c) The MIND diet - more fresh fruit & vegetables, while minimizing red meat & saturated fat intake.
- d) Increasing white meat consumption (e.g. chicken breast, turkey etc.).

### PRACTICE

Which of the following is the best course of action for a 70-year-old person who is currently healthy but has a family history of cancer and wants to reduce the risk of developing the disease?

- a) Cut out all sodium intake & prioritize consumption of lean red meats.
- b) Avoid all tobacco & alcohol, reduce consumption of processed meats & prioritize fruit, veg & whole grains.
- c) Prioritize omega-3 fatty acids & take turmeric supplements.
- d) Prioritize high-mercury fish such as swordfish & albacore tuna.

## TOPIC: NUTRITION FOR OLDER ADULTS (AGES 50+)

### Nutrition Changes for Older Adults (Ages 50+)

- ◆ Many Calorie/nutrient needs for older adults reflect the *physiological changes* of \_\_\_\_\_.
- Macronutrient & fluid needs stay the *same*, but many nutrient recommendations *change*:

Nutrition Recommendation for Adults (20+ Years Old)		Change for Older Adults	Rationale
<b>Calories:</b> 1800-3000 kcal per day.	_____	Reduce by ~5% per decade >50 years old.	↓ muscle mass, activity level & metabolic rate.
<b>Fiber:</b> 38 g/day for men, 25 g/day for women.	_____	30 g/day for men 21 g/day for women } >50 years.	Fiber needs are based on _____ Calorie consumption.
<b>Iron:</b> 18 mg/day for women.	_____	8 mg/day for women >50 years & for men of all ages.	Menopause ends monthly menstrual blood loss.
<b>Vitamin D:</b> 600 IU/day.	_____	800 IU/day for adults >70 yrs.	↓ bone density. ↓ Vitamin D synthesis in skin.
<b>Calcium:</b> 1000 mg/day.	_____	1200 mg/day for women >50 years & men >70 years.	↓ bone density & absorption of Ca <sup>2+</sup> . Minimizes risk for osteoporosis.
<b>Vitamin B<sub>6</sub>:</b> 1.3 mg per day.	_____	1.7mg (men) 1.5mg (women) } >50 years.	↓ risk of CVD & Alzheimer's.
<b>Vitamin B<sub>12</sub>:</b> 2.4 µg per day.	_____	50+ year olds are recommended to take B <sub>12</sub> _____.	↓ B <sub>12</sub> absorption from natural foods.

## PRACTICE

Which of the following statements regarding nutrition for older adults is true?

- a) Older adults may benefit from vitamin D supplements due to decreased bone density & a decreased ability to synthesize vitamin D from sunlight.
- b) Older adults may benefit from a vitamin B<sub>12</sub> supplement, because their ability to absorb vitamin B<sub>12</sub> from natural foods declines.
- c) As Calorie requirements decrease & older adults consume less, fiber requirements also decrease.
- d) All of the above.

## **TOPIC: NUTRITION FOR OLDER ADULTS (AGES 50+)**

### **Food Insecurity Among Older Adults**

- ◆ Food insecurity is often due to low income; inability to prepare, obtain, or physically consume food are also factors.
  - Some services help \_\_\_\_\_ food insecurity among older adults in the USA:

#### **Meals on Wheels:**

- Meals delivered to elderly adults who cannot leave their home easily.



#### **Congregate Meals:**

- Served at community sites (e.g. churches).
- Opportunity for \_\_\_\_\_.



## **PRACTICE**

Which of the following is a reason that many older adults face food insecurity?

- a) Financial limitations.
- b) Difficulty traveling to obtain food.
- c) Difficulty preparing food due to physical limitations.
- d) Difficulty chewing food due to medical reasons.
- e) All of the above.

## **PRACTICE**

George recently turned 75 and has been feeling depressed and lonely since his wife passed away last year. His nutrition & health have suffered as a result, as he doesn't have the motivation to cook healthy meals. Which of the following would be the best idea for him?

- a) Enrolling in the Meals on Wheels program.
- b) Attending Congregate Meals at the local community center.
- c) Ordering take-out meals so he doesn't have to cook.
- d) Only buying frozen or microwave meals so it's easier for him to prepare food.