

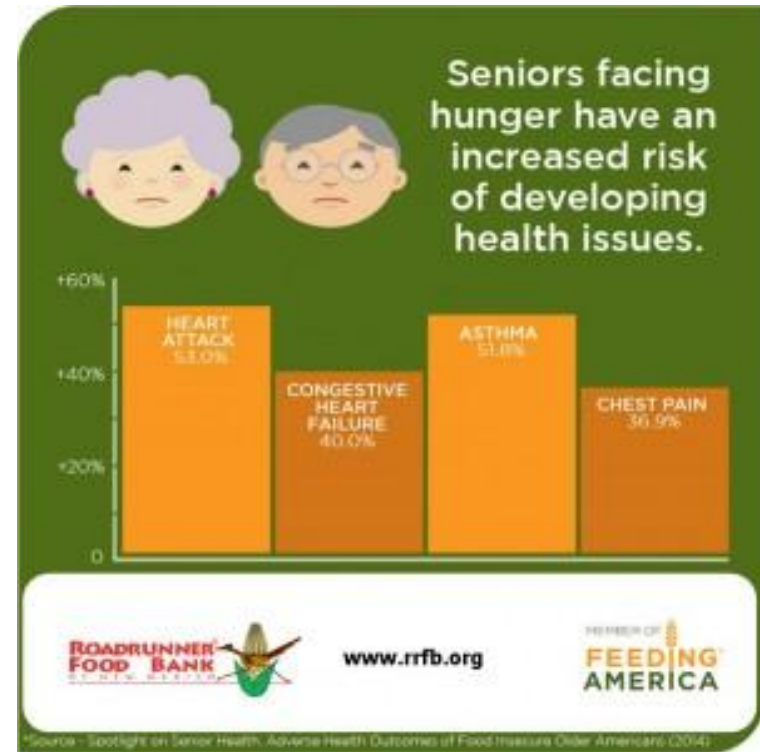


Nutrition in the Elderly

Geriatrics - Block 3 - 2016

Risks

- 5.4 million or 9% of the elderly are food insecure
- Food insecurity increases depression by 60%, heart attacks 53%, and asthma 52%, and CHF by 40%
- 1 in 3 elderly patients admitted to the hospital is malnourished
- By increasing fruits and vegetables by 1-2 servings per day, cardiovascular risk can be decreased by up to 50%



What is “Healthy Eating”?

As we age, our bodies need the same nutrients, but less calories.

This puts a focus on nutrient-dense foods, such as:

- Fruits & Vegetables
- Whole Grains (oatmeal, whole-wheat bread, brown rice)
- Fat-Free/Low-Fat Milk & Cheese (or **Fortified** Soy/Rice Milk)
- Seafood, Lean Meat, Poultry, & Eggs
- Beans, Nuts, & Seeds



Healthy Eating Nuggets

- ★ Talk to your healthcare provider about any trouble chewing or desire to eat.
- ★ Eat Breakfast first thing, every morning.
- ★ Aim for 3-4 regular meals. Skipping meals may make you eat too much later.
- ★ Select high-fiber foods
 - Whole-grains, Beans, Fruits, & Vegetables
- ★ Drink plenty of water throughout the day.
 - The elderly may not feel as thirsty although they need just as much water.




Healthy Weight


- ★ Weighing too little or too much can raise the risk of health problems.
 - Ask your healthcare provider about what is a healthy weight for you.
- ★ Keeping a healthy weight is possible by eating wisely and being active.
 - Together, these help keep your muscles and bones strong.
- ★ Generally, it is better to weigh a little more than be underweight



Budget-Conscious Healthy Eating

- ★ Avoid Name-Brand items. Select store/generic brands instead.
 - ★ Plan meals around sale items.
 - ★ Buy in bulk.
 - This is reasonable if you can freeze the extra or split it with friends/neighbors.
 - ★ Buy canned or frozen vegetables (LOW sodium).
 - ★ Select less expensive proteins - eggs & beans are a great start
 - ★ SNAP (Supplemental Nutrition Assistance Program)
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Other Common Barriers to Good Nutrition

- ★ Decreased Sensitivity to Food - utilize spices & different textures
 - ★ Medication side effects - check meds
 - ★ Financial Burden - Meals on Wheels, SNAP if available
 - ★ Poor Dental Health
 - ★ Lack of Transportation - Public Transportation, Senior Services
 - ★ Physical Difficulty - Meals on Wheels, Assisted Living
 - ★ Forgetfulness - Labels in home; reminders from family/technology
 - ★ Depression - make eating a social event
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References

- Images from rrfb.org & myplate.gov
- American Journal of Clinical Nutrition
- WHO - Nutrition for Older Persons
- State of Senior Hunger in America 2013: An Annual Report
- Spotlight on Senior Health Adverse Health Outcomes of Food Insecure Older Americans
- NIH - Young at Heart, Tips for Older Adults





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