Newspaper

Seniors needs

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This information was gathered for interview with jenifer with linkwell health about sineors nutitional needs ansd tips to eat healhter. Some quation was asked. So I colectd some of the information to answer some of the quation. The interview I will be for in the future I will provied the link whem possible.

<https://www.linkwellhealth.com/>

1. A lot of folks assume that “healthy eating” is synonymous with bland, tasteless foods––a chore of sorts. Why do you think this is?

I blame this misconception on the diet culture and outdated nutrition recommendations for disease management which deem foods like plain chicken and steamed broccoli as the “healthiest” option.

1. For seniors in particular, why is it important to get your fill of nutritious foods? What are some diseases/conditions that can be prevented, or alleviated, with healthy eating?

Aging brings forth many health issues that are unique to the older population, including osteoporosis and sarcopenia (general loss of muscle mass and strength). Additionally, the older population is at higher risk for conditions, including Type 2 Diabetes and Heart Disease. A nutritious diet plays a role in preventing all of these conditions. For example, a diet rich in calcium and vitamin D can help to prevent osteoporosis. A diet adequate in protein can slow down sarcopenia. Eating food in appropriate portion sizes along with eating a variety of fruits, vegetables, and lean meats can prevent Heart Disease and Type 2 Diabetes. A well-balanced diet is also linked to a better overall mental health status.

Mental health

Osteoporosis

Sarcopenia

Heart disease

Type 2 diabetes

 Healthy eating can prevent many chronic diseases such as cardiovascular disease (CVD), type 2 diabetes, cognitive decline, dementia, and osteoporosis. Nutrition-dense foods are needed for the elderly to maintain weight and muscle mass. Undernutrition can cause weight loss and muscle mass loss, which can affect functionality in the older population. For example, not eating enough protein can weaken skeletal muscles. Another example is that a lack of vitamin B-12 can result in neurological deterioration. Finally, a low vitamin D intake might decrease calcium storage, which can affect bone density. Seniors need nutritionally dense food and low calorie-dense food to prevent Type 2 diabetes.

Some food can help manage those diseases:

Mental health: food contains omega 3 (fish, seafood, walnut, flaxseed, and soybean)

Osteoporosis: food in high calcium (dairy, sardines, salmon,

beans, almond, leafy green)

Sarcopenia: food high in protein (meat, chicken, fish, legumes, and dairy)

Heart disease: food is high fruit and vegetable, low in saturated

and hydrogenated fat

Type 2 diabetes: food high fruit and vegetable, lean protein, and

high in fiber.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227979/>

1. What are some key minerals/vitamins that seniors should be getting in regularly/daily, and how much? What are some of the most common foods where you can find these? (if it applies to the foods you list below, great!)

As adults age, their bone density often naturally decreases. In order to combat this, they need more Calcium and Vitamin D. Sources of Calcium and Vitamin D include dark leafy greens, dairy, canned fish, fortified cereals, fatty fish, eggs, and other fortified foods. Calcium and Vitamin D can also be taken in supplement form(1). Women 51-70 need about 1,200 mg/day of calcium, and men need about 1,000 mg/day. Furthermore, adults 51-70 need around 400 mg/day of Vitamin D (2).

Additionally, adults over 50 may have a hard time absorbing Vitamin B12. All adults need around 2.4 micrograms of Vitamin B12/day, but even if older adults are consuming adequate amounts, they still might require additional (3). Vitamin B12 can be found in some fish and seafood, lean meat, and fortified cereal. These adults may require a Vitamin B12 supplement depending on their specific needs (1).

High blood pressure is an issue that is common in older adults. In order to keep blood pressure normal, potassium is an important mineral. Potassium can be found in fruits, vegetables, beans, and low-fat dairy products (1). Females and males aged 51-70 need around 4,700 mg/day of Potassium to reap the blood pressure benefits (4).

1. <https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>
2. <https://www.ncbi.nlm.nih.gov/books/NBK56056/>
3. <http://bethanyhomecare.com/blog/vitamin-B12-dosage-for-seniors.html#:~:text=Why%20Vitamin%20B12%20Deficiency%20Is%20Common%20in%20Seniors&text=The%20recommended%20daily%20allowance%20for,addition%20to%20numerous%20other%20vitamins.>
4. <https://www.ncbi.nlm.nih.gov/books/NBK545428/>

1. I’d love to walk through 5-6 tips that can make healthy eating more **exciting**. I’m thinking: Ingredients you might not realize can be prepared certain ways, spices that can transform food, or a new fruit or veggie that is easily accessible but still underrated, fresh preparation techniques). The client asked that we keep these not TOO crazy (so no rare Japanese fruit or whatnot), but the goal being: **We want them to *love* healthy eating**.
   1. 1. Be judicious with fresh herbs! Quite often recipes only require 1-2 T of fresh herbs, but adding more usually adds more flavor allowing you to use less salt and sugar.
   2. 2. Utilize frozen vegetables with a more exciting preparation - such as cauliflower rice, spiralized butternut squash or roasted corn. Frozen vegetables are equally as healthy as fresh, and frozen veggies can be a convenient, yet affordable way of enjoying foods.
   3. 3. Try a new whole-grain. We often get stuck in food ruts, and this is particularly common when it comes to grains. Ancient grains like quinoa, bulgur wheat or black rice can increase fiber, whole-grain vitamins and minerals and plant-based protein.
   4. 4. Re-create your favorite restaurant meal. Ever had an amazing meal out AND it was also fairly healthy? Google a similar recipe and try to make it at home. The simple addition of some blue cheese to roasted brussels sprouts can transform a dish.
   5. 5. Shake up an old standard. Do you always have tomatoes, carrots and onions on a bed of greens? What about building a more exciting salad bowl? Adding a variety of different and flavorful ingredients like chickpeas, dried cherries and canned artichoke hearts could take the same amount of time but include a much larger dose of enjoyment.
   6. 6.Of those tips, I’d love to stoplight one in particular that we can blow out. What do you think would be the most important for seniors to consider incorporating into their diet, and why?

#2: Using frozen vegetables. It’s the simplest way to include more variety, lean on some options with added flavors through sauces, can compliment any meal and can be easily prepared. Toss frozen vegetables into boiling pasta water with noodles during the last few moment of cooking, turn cauliflower rice into a healthier fried rice, saute frozen wild mushrooms and spinach and top a pizza.

In addition to fresh ways to prepare and cook foods, I’m wondering if there are more––experiential?––ways to making healthy eating more exciting, in terms of presentation, etc. Any thoughts on this?

Sheet pan meals - cooking vegetables and proteins on one sheet pan

Grilling food - grilling isn’t just for meat! Grill fruit or vegetable with a bit of olive oil and lemon juice for an easy side dish or dessert.

Smoothies: <https://www.todaysdietitian.com/newarchives/0919p32.shtml>