

Healthy Aging Series

What's 'Food' Got To Do With It?

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Agenda

- ◆ Basics of healthy eating
- ◆ Managing weight loss and weight gain
- ◆ Important nutrients for healthy aging
- ◆ Meal planning and cooking for 1 or 2



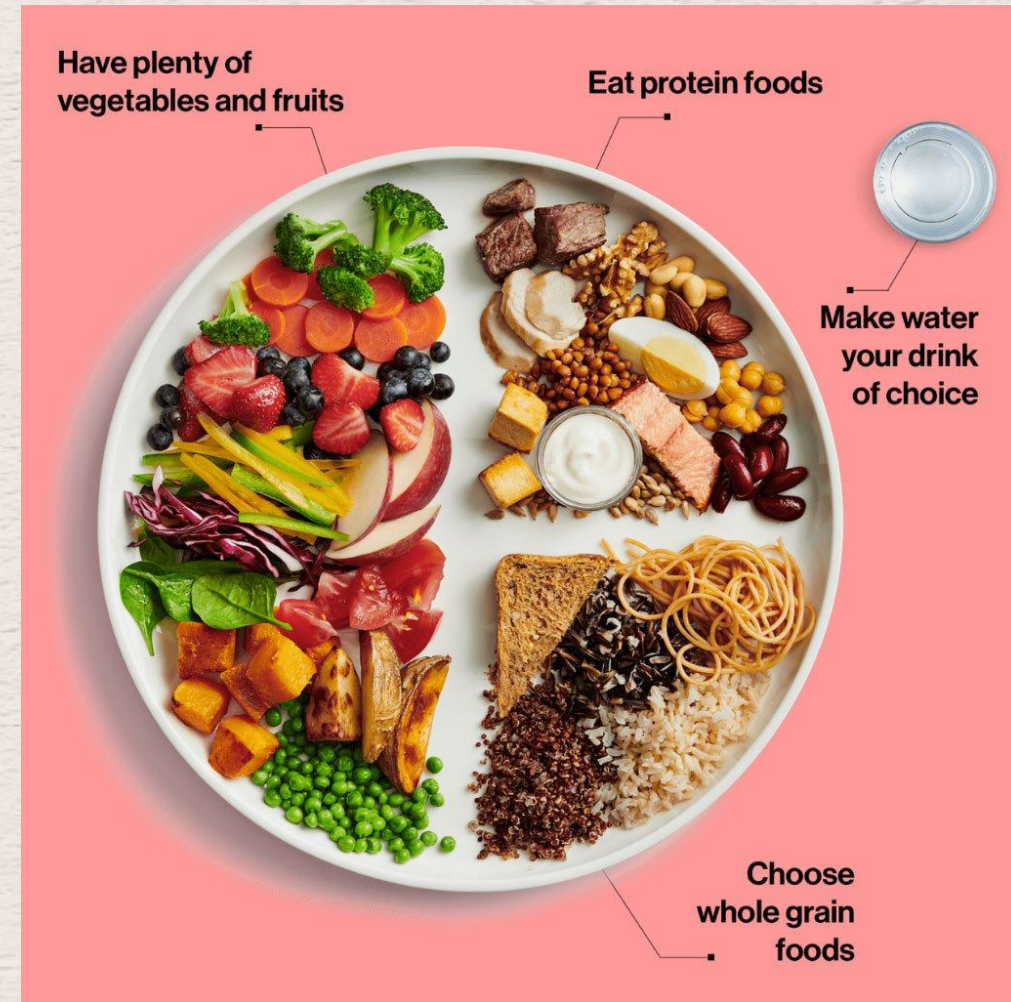
Benefits of Good Nutrition

- Gives you energy
- Protects your bones
- Manages chronic conditions - diabetes, heart disease, kidney disease, high blood pressure
- Fosters independence
- Helps prevent unintentional weight loss or weight gain
- Helps you recover from injury or illness



Goals of nutrition for healthy aging

- ◆ Choose a variety of healthy foods from all food groups
- ◆ Aim for less processed foods
- ◆ Eat enough calories for your body
- ◆ Prioritize protein to keep muscles strong
- ◆ Drink enough fluids
- ◆ Choose a way of eating that is enjoyable and improves your quality of life



Carbohydrates

- ◆ Turns into glucose (a type of sugar) when digested
- ◆ Glucose is converted to energy in our cells
- ◆ Our brain needs carbohydrates for fuel



Carbohydrates

- ◆ Choose less processed carbohydrate sources
- ◆ Choose whole grains when possible
- ◆ Pair carbohydrates with protein to keep blood sugar stable



Protein

- ◆ Needed to build & repair muscle, tissue, skin, nails and hair
- ◆ Provides amino acids, which are the building blocks of cells
- ◆ Important for aging especially due to normal muscle loss



Protein

- ◆ Aim for 1.2 grams of protein per kg body weight
 - ◇ Equivalent to 72 g/day for 60 kg adult
- ◆ The optimal protein intake for adults 65+ is ~25-35 grams per meal
- ◆ Spread protein evenly throughout the day for optimal benefit



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*Did you know?
Age related muscle loss
(sarcopenia) involves losing
3-5% of our muscle mass per
decade after age 30*



Fats

- ◆ Fat is an essential part of a healthy diet
- ◆ Important for cell membranes, hormone function, absorbing vitamins
- ◆ Eating mostly unsaturated fats can help protect your heart
 - ◇ Avocado, olive oil, nuts, seeds, fatty fish
- ◆ Saturated fats may increase cholesterol levels
 - ◇ Meats, butter, cheese, cream, fried foods, palm oil, coconut oil



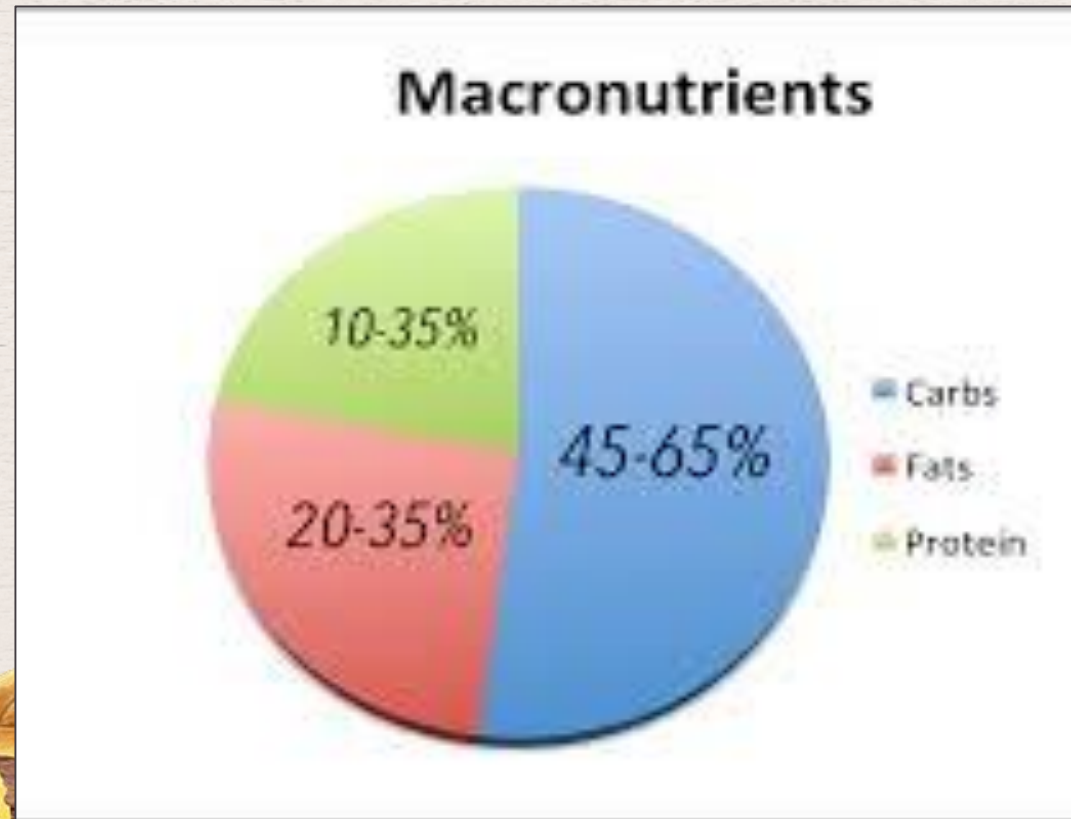
Fats

- ◆ Include a small portion of healthy fats at each meal (example: 1 Tbsp olive oil, ½ avocado, ¼ cup nuts)
- ◆ Add extra healthy fats if trying to gain weight
- ◆ Choose lean cuts of meat and choose red meat less often



Macronutrients

- ◆ A healthy balanced diet includes carbohydrates, protein and fats in the right amounts



Healthy Weight in Adults 65+

- ◇ BMI is not accurate, especially in adults 65+
- ◇ Consider recent weight change, a significant weight change is defined as 5% change in 1 month, 7.5% change in 3 months, or 10% change in 6 months
 - Example: If your normal weight is 150 lbs, and you lose 15 pounds in 6 months, that is a 10% weight loss
- ◇ Target BMI is different for older adults, extra weight is protective!

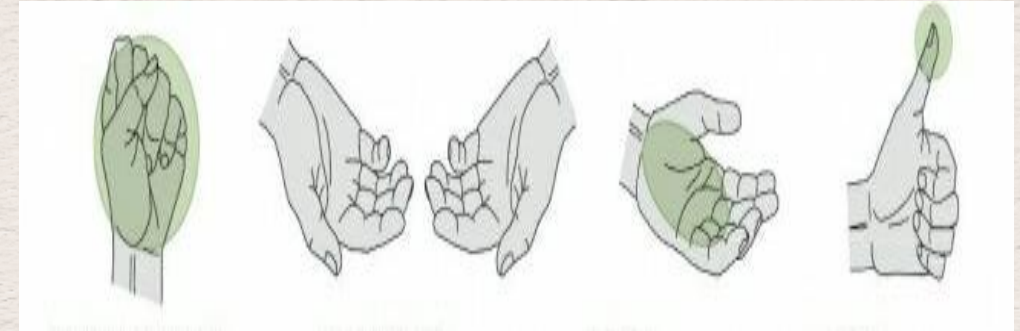
Did you know?
A meta analysis of BMI & risk of death in adults 65+ showed the lowest mortality at BMI 27-28!
And BMI of 20 or less was associated with 28% increased mortality risk

Category	BMI Range for Adults	BMI Range for Older Adults 65+
Underweight	<18.5	<23
Normal	18.5-24.9	23-30
Overweight	25+	>30



Tips for Weight Loss

- ◆ Practice portion control
- ◆ Keep a food journal
- ◆ Prepare more meals at home
- ◆ Fill half your plate with vegetables
- ◆ Be active every day as able
- ◆ Make small achievable goals
- ◆ Aim for 1 pound weight loss per week



FRUITS/GRAINS &
STARCHES

VEGETABLES

MEAT &
ALTERNATIVES

FATS



Reasons for Unintentional Weight Loss

- ◆ Loss of appetite
- ◆ Decrease in senses of taste and smell
- ◆ Difficulty preparing meals
- ◆ Chewing or swallowing difficulties
 - ◇ Poorly fitting dentures, loss of teeth, dysphagia



Tips for Weight Gain

- ◆ Eat small, frequent meals throughout the day
- ◆ Add high calorie snacks between meals
 - ◇ Examples: full fat yogurt, cheese and crackers, handful of nuts, toast with peanut butter, milkshake/smoothie
- ◆ Drink fluids separately from meals
- ◆ Add condiments and seasonings to increase flavour
- ◆ Avoid restrictive diets
- ◆ Consider nutrition supplements



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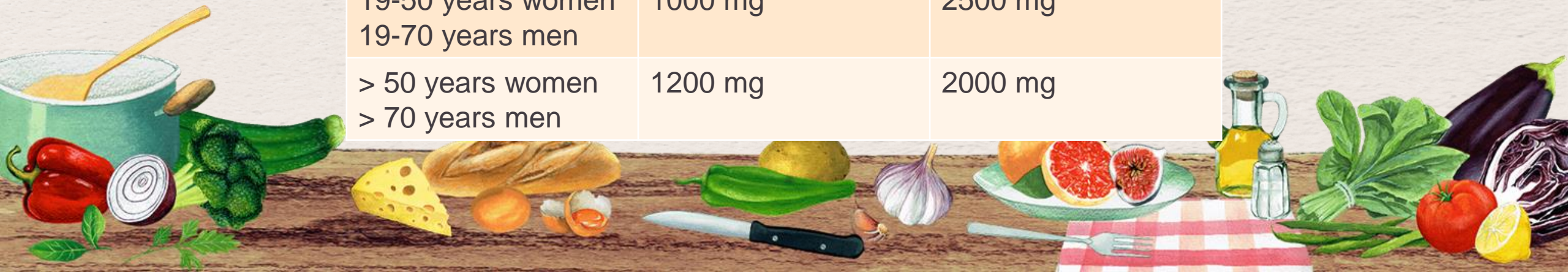
Nutrients for Healthy Aging



Calcium

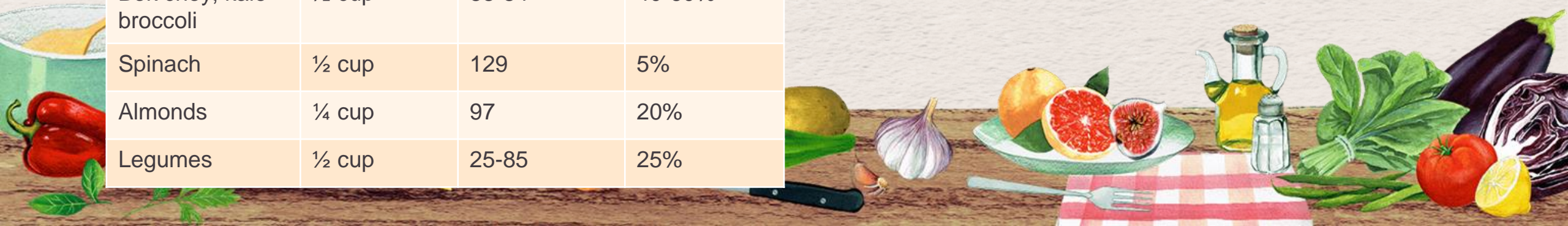
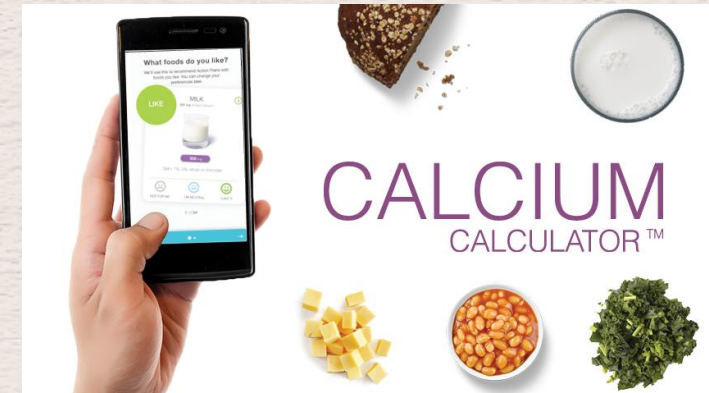
- ◆ Important for healthy bones and teeth
- ◆ Prevents osteoporosis
- ◆ Potential negative side effects from too much supplemental calcium
- ◆ Aim to get the majority of your calcium through foods

Adults	Recommended Amount	Tolerable Upper Intake
19-50 years women 19-70 years men	1000 mg	2500 mg
> 50 years women > 70 years men	1200 mg	2000 mg



Calcium

Food	Serving Size	Calcium Content (mg)	Estimated Absorption
Milk products	1 c milk ¾ c yogurt 1.5 oz cheese	~ 300	30%
Soy beverage or fortified nut milks (shake well)	1 cup	300	24%
Tofu (prepared with calcium sulfate)	4 oz (112 g)	350	30%
Bok choy, kale broccoli	½ cup	33-84	40-60%
Spinach	½ cup	129	5%
Almonds	¼ cup	97	20%
Legumes	½ cup	25-85	25%



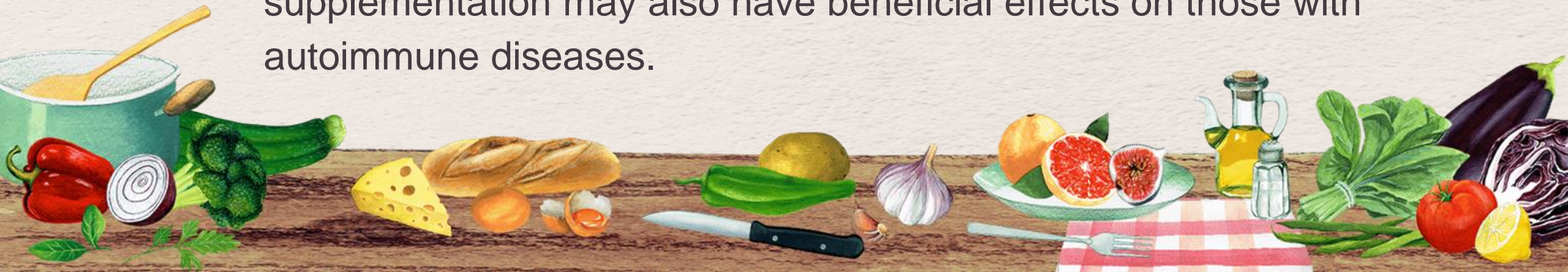
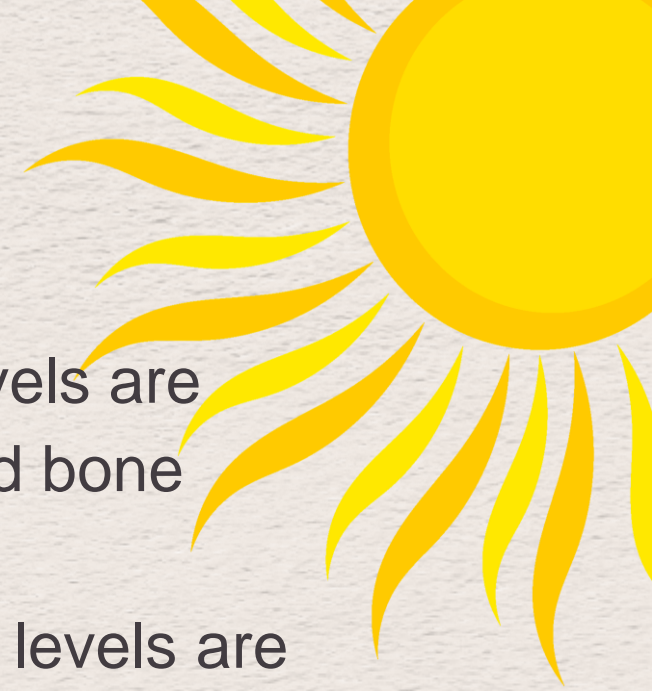
Calcium Supplements

- ◆ Speak with your doctor, nurse practitioner, or dietitian before starting any supplement
- ◆ Look for **elemental** calcium on the label to determine the dosage; no more than 500 mg at one time

	Pros	Cons
Calcium Carbonate	Least expensive	Needs stomach acid for absorption: must take with food
	Fewer pills needed to meet needs	Not appropriate if low stomach acid or on medications such as PPI's that cause low acid (ie) Nexium, Prevacid, Dexilant, Pantoloc
		May be constipating
		Competes for absorption with iron * If anemic/low in iron, use a different type
Calcium Citrate	Absorbed well on empty stomach	More expensive than carbonate form – may need more since there is less elemental calcium per tablet
	No gastrointestinal side effects	

Vitamin D

- ◆ **Osteoporosis** – Studies show that low vitamin D levels are associated with bone mineral loss, osteoporosis, and bone fractures. Vitamin D helps the body absorb calcium.
- ◆ **Cognitive health** – Studies show that low vitamin D levels are associated with cognitive decline as we age.
- ◆ **Immune system** – Studies show that vitamin D deficiency is associated with increased susceptibility to infection. Vitamin D supplementation may also have beneficial effects on those with autoimmune diseases.



Vitamin D – Why the sun isn't enough

1. Limited exposure to sunlight – indoors, winter time, sunscreen
2. Advancing age – our skin's ability to make vitamin D from the sun decreases as we age



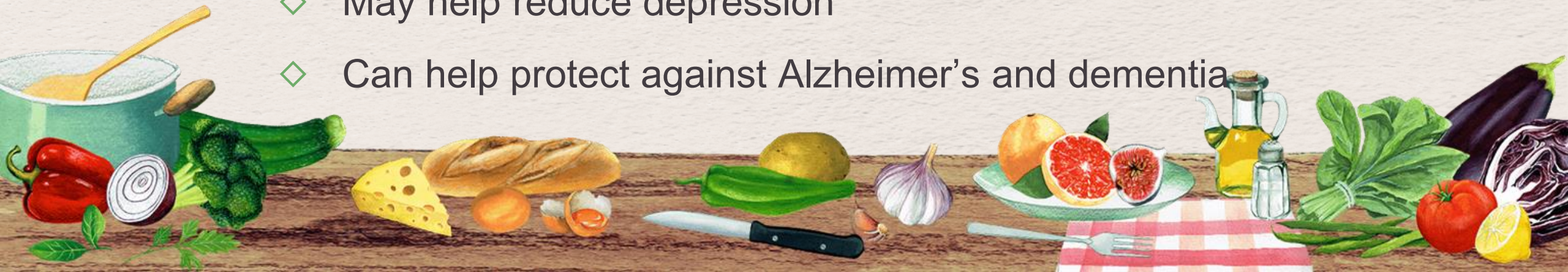
Vitamin D Foods & Supplements

- ◆ Food sources: fish, egg yolks, fortified foods
- ◆ Difficult to get enough through diet alone
- ◆ Recommend vitamin D3 supplements for Canadians of all ages

Age	Recommended Amount	Tolerable Upper Intake	Supplement Recommendations – Osteoporosis Canada
19-50 years	600 IU/d	4000 IU/d	400 – 1000 IU/d
51-70 years	600 IU/d	4000 IU/d	800 - 2000 IU/d
70 years or younger adults at risk	800 IU/d	4000 IU/d	800 – 2000 IU/d

Omega 3

- ◆ A type of healthy fat
- ◆ Research shows benefits in the following:
 - ◇ Lowers triglyceride levels, which can reduce risk of heart attack and stroke
 - ◇ May help with reducing stiffness and joint pain in people with rheumatoid arthritis
 - ◇ May help reduce depression
 - ◇ Can help protect against Alzheimer's and dementia



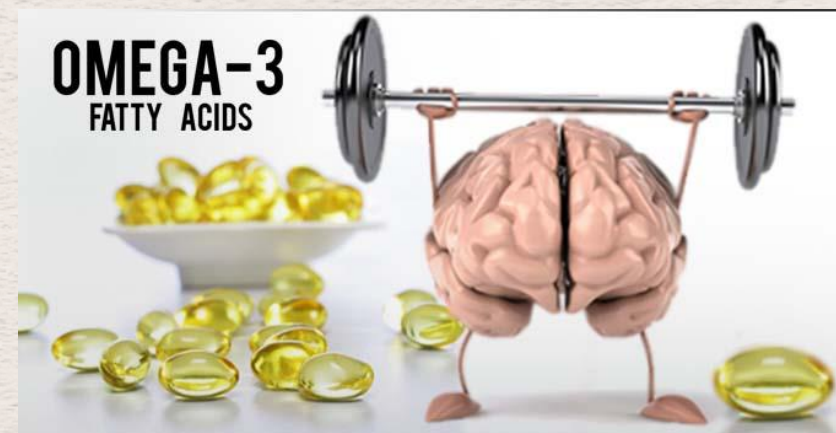
Food Sources of Omega 3

- ◆ Fatty fish – anchovies, herring, mackerel, salmon, sardines, trout, tuna
- ◆ Omega 3 eggs
- ◆ Walnuts
- ◆ Ground flaxseeds, flaxseed oil
- ◆ Canola oil
- ◆ Soybean oil
- ◆ Chia seeds



Omega 3 – Should you supplement?

- ◆ Food first – always try to get your nutrients through food before supplementing; have fatty fish as least 2 times weekly
- ◆ If you don't eat fish, an omega 3 supplement may be beneficial
- ◆ Vegetarians/vegans may take a vegan omega 3 supplement made with algae
- ◆ Always check with your doctor or nurse practitioner before starting an omega 3 supplement as there are some contraindications and medication interactions



Recommended intake:
250-500 mg of combined
EPA + DHA daily



Vitamin B12

- ◆ Vitamin B12 is important for:
 - ◇ Red blood cell formation and preventing anemia
 - ◇ Supporting bone healthy and preventing osteoporosis
 - ◇ Reducing risk of age related macular degeneration (vision loss)
 - ◇ Improving mood and symptoms of depression
 - ◇ Slowing cognitive decline and improving memory
 - ◇ Improving energy levels (for those low in B12)



Vitamin B12

Did you know?
Up to 20% of people
50+ have B12
deficiency

- ◆ Vitamin B12 absorption may be decreased by:
 - ◇ Gastritis (inflammation of stomach lining)
 - ◇ Digestive disorders (ex. Crohn's)
 - ◇ Medications that interfere with B12 absorption (example proton pump inhibitors used for heartburn, and some diabetes medications such as metformin)
 - ◇ Age related decrease in stomach acid
 - ◇ Vegan or vegetarian diets



Vitamin B12 – Food Sources

- ◆ Organ meats (ex. Liver)
- ◆ Clams
- ◆ Sardines
- ◆ Beef
- ◆ Fortified cereal
- ◆ Tuna
- ◆ Trout
- ◆ Salmon
- ◆ Nutritional yeast
- ◆ Fortified non-dairy milk
- ◆ Milk and dairy products
- ◆ Eggs



Vitamin B12 Supplements

- ◆ Available in oral supplements and injections
- ◆ Recommended daily intake of B12 is 2.4 micrograms for adults
- ◆ The percentage of vitamin B12 absorbed by supplements is small
 - ◇ Estimated that the body absorbs 10 mcg from a 500 mcg supplement
- ◆ As always, check with your healthcare provider to have your B12 level checked and before starting a supplement
- ◆ Reference range for normal B12 level is >138 pmol/L, however in older adults, an ideal level may be closer to 300 pmol/L



Fluids

- ◆ Dehydration is associated with increased morbidity and mortality in older adults
- ◆ You may be at risk of dehydration as you age due to:
 - ◇ Decrease in sensation of thirst
 - ◇ Decrease in body fluid
 - ◇ Decreased kidney function, more water lost during urination
 - ◇ Certain health conditions and medications



Signs of Dehydration

- ◆ Dry mouth
- ◆ Fatigue
- ◆ Sunken eyes
- ◆ Decreased frequency of urination
- ◆ Dark coloured urine
- ◆ Muscle cramping
- ◆ Dizziness



Tips for Staying Hydrated

- ◆ Aim for 25 to 35 mL per kg body weight per day (unless otherwise advised by your healthcare provider)
 - ◇ Example: 60 kg = 1500 to 2100 mL = 6 to 8.5 cups per day
- ◆ Minimum intake is 1500 mL or 6 cups per day
- ◆ Includes all fluids – If you have trouble drinking enough water, consider tea, milk, juice, soups, smoothies
- ◆ Sip on fluids slowly throughout the day
- ◆ Try flavouring water with fresh fruits and herbs
- ◆ Keep a cup or water bottle with you at all times



Meal Planning

1. Choose 1 day a week for meal planning
2. Take note of foods you want to use up
3. Check flyers for deals/coupons
4. Write a list of 7 days of meals and snacks
5. Use that list to come up with a grocery list
6. Do your grocery shopping
7. Prepare food and meals ahead of time



Cooking for 1 or 2

- ◆ Make meals in larger batches and freeze
- ◆ Cut recipes in half
- ◆ Utilize frozen fruits and vegetables
- ◆ Make one pan meals – less clean up
- ◆ Utilize kitchen tools – crock pot, rice cooker
- ◆ Keep low sodium canned goods on hand to add to meals



Quick and Easy Meal Ideas



◆ Breakfasts:

- ◆ Plain oatmeal with fruit and nuts
- ◆ Yogurt parfait with fruit and granola
- ◆ Whole grain toast with peanut butter
- ◆ Smoothie with frozen fruit and yogurt
- ◆ English muffin with egg and cheese
- ◆ High fibre cereal with milk and fruit



Quick and Easy Meal Ideas

◆ Lunches:

- ◆ Salad with chicken breast and avocado
- ◆ Homemade bean and veggie soup
- ◆ Sandwich/wrap on whole grain
- ◆ Egg and vegetable omelet + toast
- ◆ Pita pizza
- ◆ Quesadilla with black beans and cheese
- ◆ Homemade chili



Quick and Easy Meal Ideas

◆ Dinners:

- ◆ Whole wheat pasta with vegetables and chicken
- ◆ Stir fry with brown rice, frozen vegetables, and edamame
- ◆ Baked chicken, potatoes and vegetables
- ◆ Chickpea/lentil curry + rice
- ◆ Tacos/fajitas



Recipe Resources

- ◆ <https://www.metabolicsyndromecanada.ca/change-program/resources/recipes>
- ◆ <https://oldwayspt.org/traditional-diets/mediterranean-diet>
- ◆ <https://rainbowplantlife.com/category/recipes/>
- ◆ <https://ontariobeans.on.ca/>
- ◆ <https://pulses.org/recipes/recipes/cuisine/canada>
- ◆ <https://chefcynthialouise.com/recipes/>
- ◆ <https://dietitiandebbie.com/recipe-index/>



Meal Services

- ◆ Heart to Home Meals
 - ◇ www.hearttohomemeals.ca
- ◆ Meals on Wheels
 - ◇ www.mealsonwheels.ca



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Questions?

