

DON'T FORGET ABOUT HYDRATION

Older adults experience a reduction in totally body water as they age, which **increases their risk for dehydration**. Water is essential for body function, including regulating body temperature, maintaining moisture of body tissues, and washing out waste products. Older adults can experience a loss of muscle mass, decreased sensation of thirst, low kidney function, and increased number of medications, which all impact hydration status. The daily recommendation is about **6-9 cups per day**, but this can be obtained from **various beverages and food sources** ¹. Plain water is always a good option as it has zero calories.

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Importance of Nutrition for Older Adults



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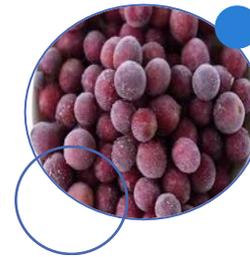
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SNACK IDEAS

Frozen Grapes



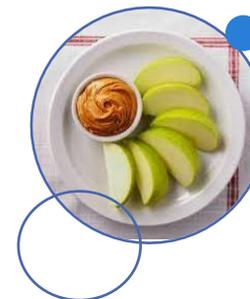
Grapes are great source of [water](#), [vitamin C and K](#), and [potassium](#). There are different types of grapes depending on your preference including black, green and red. Freezing grapes is a twist on the delicious fruit for a fun and sweet snack₄!

Hard Boiled Egg



Eggs are good source of [vitamin D](#), [vitamin B6 and B12](#), and [protein](#). Hard boiled eggs are great option because of their soft texture making them easier to eat. They can be added on top of toast, whole wheat crackers or a salad. Seasonings such as salt, pepper, paprika are other ways to add some more flavor₉.

Apple Slices with Nut Butter



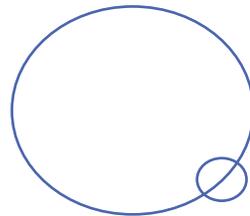
Many nutrients can be found in apples including [water](#), [vitamin C](#), [pectin](#) and [quercetin](#). Pectin helps with maintaining a healthy colon and bowel movements and lowering LDL. Quercetin has anti-inflammatory effects. Adding nut butter to an apple is a great option to fulfill a sweet tooth. Nut butters including peanut and almond butter are high in [protein](#), [fiber](#) and [healthy fats](#)₇.

SALMON AND VEGETABLES

Prep time: 15 minutes **Cook time:** 15 minutes **Servings:** About 2

Ingredients:

- 1 squash or zucchini, sliced into rounds
- 1/2 onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 Tablespoons olive oil
- 1 teaspoon Cajun seasoning or your favorite seasoning
- 2-3 salmon fillets, 4 ounces each



Instructions

1. Preheat oven to 450 F
2. Prep baking sheet by lining with parchment paper or aluminum foil.
3. In a large bowl, combine all the vegetables, 2 tablespoons of olive oil and seasonings. Mix so evenly covered.
4. Spread the vegetables into even layer on baking sheet.
5. Place salmon fillets on baking sheet, SKIN SIDE DOWN, within the vegetables. Brush on 1 tablespoon of olive oil.
6. Roast for about 12-15 minutes. Salmon should be flaky and opaque.

Salmon is an excellent source of Vitamin D and protein. Roasted vegetables may be easier to eat as they often taste better and are softer.

Recipe from: www.aplaceformom.com

WHAT IS NUTRITION?

Nutrition:

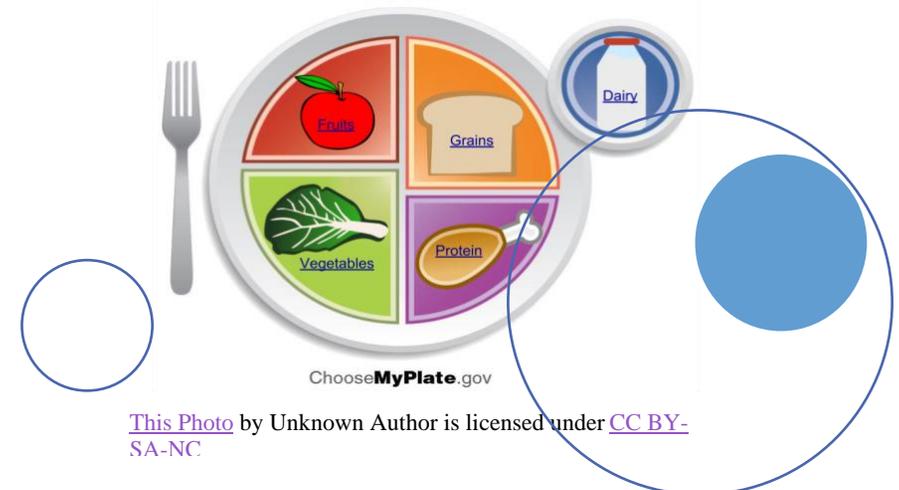
Nutrition is how the body interacts biochemically with the food eaten. Nutrition involves eating a **balanced** diet in order for your body to receive the nutrients that it needs to **function**.

Important Nutrients:

Important nutrients of the diet includes **fats, carbohydrates, proteins, vitamins, and minerals**. Protein, fats and carbohydrates are classified as macronutrients. Vitamins and minerals are micronutrients¹. MyPlate is a generalized diet recommendation that includes the important food **groups, fruits, vegetables, protein, grains and dairy** as pictured below¹².

Why is it important?

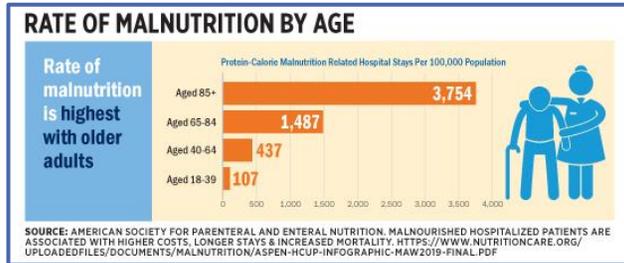
Good nutrition is an important factor in **maintaining energy levels** and weight, as well as **lowering risk for multiple diseases**. Overall, nutrition is vital in order for your body to **function** properly.



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MALNUTRITION

Malnutrition is an **imbalance of energy and nutrient intake** from consuming too much or too little of a certain nutrient¹⁴. Older adults are at **increased risk of malnutrition** due to changes in health, medications, socioeconomic status or altered state of nutrition.



Malnutrition can occur in individuals at **every weight** level because it is determined by the nutritional needs NOT weight⁸. Many older adults perceive their health as good, but they are still at risk!

Implications of Malnutrition:

- Increased risk of falls
- Fatality
- Decreased bone health
- Increased mortality risk
- Increased hospitalization rates
- High health care costs
- Lower quality of life³

Less calories may be needed for older adults but the requirement for vitamins, protein and minerals IS STILL THERE.

LOW FOOD INTAKE IS THE MAIN CAUSE OF MALNUTRITION IN OLDER ADULTS³.

FRUIT SMOOTHIE

Ingredients:

- 1 medium banana
- 1/2 cup sliced strawberries
- 1/2 cup blueberries
- 1/4 cup Greek yogurt
- 1 Tablespoon nut butter
- 1/2 cup baby spinach
- 1/2 cup milk of choice

Instructions:

1. Prep ingredients.
2. Add all the ingredients to a blend until desired consistency.



Smoothies are a great to consume multiple fruits all at once. They are a sweet treat that are good anytime of the day. The addition is spinach is an excellent to consumed leafy green vegetables without the taste. Nut butters are another optional addition to make the smoothie a little sweeter!

Recipe from: ioraprimarycare.com

CREAMY VEGETABLE SOUP

Prep Time: 15 Minutes **Cook Time:** 20 Minutes **Servings:** 6

Ingredients:

- 2 Tablespoons butter
- 1 Tablespoon Olive Oil
- ½ onion chopped
- ½ cup celery chopped
- 1 cup carrots chopped
- 1 cup green beans chopped
- 1 cup mushrooms sliced
- 1 cup broccoli florets
- 1 cup corn kernels
- 1 teaspoon thyme dried
- 1 teaspoon oregano dried
- 3 Tablespoons All Purpose Flour
- 4 cups Whole milk



Instructions:

1. Heat butter and olive oil in a skillet and add onions, celery and carrots. Cook for a couple minutes till the onions are soft, but do not brown.
2. Add the garlic, beans, mushrooms, broccoli and corn. Cook for 2-3 minutes.
3. Stir in thyme, oregano and flour and cook for 1.5 minutes. Slowly add in milk and stir. Continue to stir as you bring to a boil.
4. Reduce heat to simmer. Salt and pepper as desired and simmer for 6-7 minutes. Ready to serve!

This soup is an excellent source of multiple vegetables!

Recipe from: www.myfoodstory.com

IMPACTS OF CHANGING HEALTH

Physical aging changes include reduced vision, physical abilities, dental status, muscle atrophy and digestive tract changes. Older adults may also experience a loss of senses including taste and smell, lowering their appetite. Meats, fruits and vegetables are the most commonly avoided foods due to these changes⁸. Decreased absorption and metabolism are another problem impacting older adults that can lead to deficiency or toxicity.

Psychological/ Mental factors that impact nutrition includes bereavement, isolation, dementia, insomnia and depression. These can lead to a decreased appetite and reduced motivation to buy, prepare or eat food⁸.

Socioeconomic limitations also impact nutrition status. Transportation, money and access are all factors. Without adequate transportation, older adults may not get the groceries they want. Lower cost items and easy preparation foods are often times not as nutritious⁸.

Medications can cause complications including nausea, diarrhea and anorexia, which all impact nutrition. It is important to [review medications](#), including vitamins and supplements⁸.



RECOMMENDATIONS

Nutrient dense foods with lower calories are ideal for older adults.

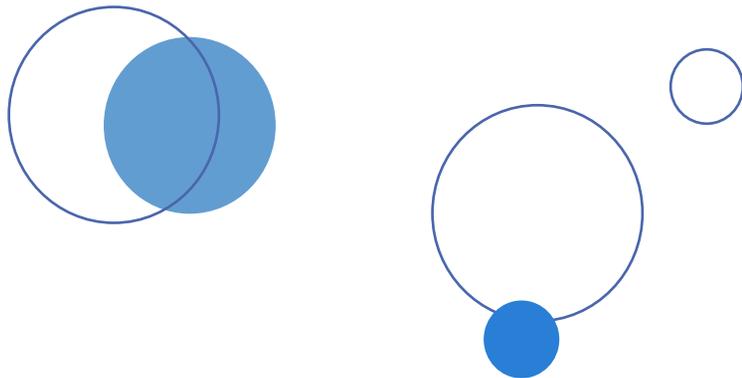
Some examples include fruits, vegetables, oatmeal, brown rice, dairy products fortified with vitamin D and calcium, seafood, lean meats, eggs, nuts and beans⁸.

Protein: It is necessary for muscle mass, wound healing, immunity, skin integrity, and recovery from illness. Recommendation is about **1.2 g/kg body weight per day**³.

Vitamin B12: The body's ability to absorb decreases with age. Supplements and fortified foods are recommended⁸. Food sources include **lean meat, seafood, and fortified cereals**⁷.

Fiber: Important for bowel health. Foods include **whole grains, beans, peas, fruits and vegetables**. Fiber supplements may also be necessary⁷. 25 grams is the recommended daily value of fiber¹⁴.

Vitamin D: Recommendation is **600 IU/Day for 61-70** and **800 IU/day** for adults over the age of 70. A supplement may be recommended. Suggested foods include **dairy products, fortified cereals, canned fish, dark leafy greens, salmon and eggs**¹¹.



OVERNIGHT OATS

Prep Time: 5 Minutes **Cook Time:** 3 Minutes **Servings:** 1 Portion
Ingredients:



- 1/3 cup old fashioned oats
- 1/4 teaspoon of ground cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon of nut butter of choice
- 1/2 cup milk of choice
- 1/2 cup fruit of choice (Some examples blueberries, raspberries, peaches, bananas)
- Optional: Maple syrup or honey

Instructions:

- In a jar (1-pint mason) or another container of similar size, combine oats, cinnamon, chia seeds and nut butter.
- Add milk and stir.
- Top with fruit. If larger fruit such as banana, cut into smaller pieces.
- Place lid over container and refrigerate overnight. (can be reingratiated for up to 5 days.
- When ready to serve, can be eaten chilled or warmed up in microwave for 2-3 minutes.
- Add a drizzle of honey or maple syrup on top if extra sweetness is desired.

Overnight oats are often softer than regular oatmeal. Overnight oats also allows for minimal prep time in the morning. Oatmeal is great source of fiber. This recipe includes 4 of the major food groups: dairy, carbohydrates, fruit and protein. Varying the fruit is a great way to mix it up!

Recipe from: www.cookieandkate.com