



Nutrition & Aging: Common Mistakes

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However, There Are Common Mistakes Seniors Make

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Learning About Nutrition Can Help Us Make Great Food Choices!

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Nutrition & Aging



NUTRITION
BASICS



SENIORS'
UNIQUE NEEDS



COMMON
MISTAKES

Nutrition Basics



Macronutrients



Micronutrients



Canada Food Guide

Macronutrients



Carbohydrates



Fats



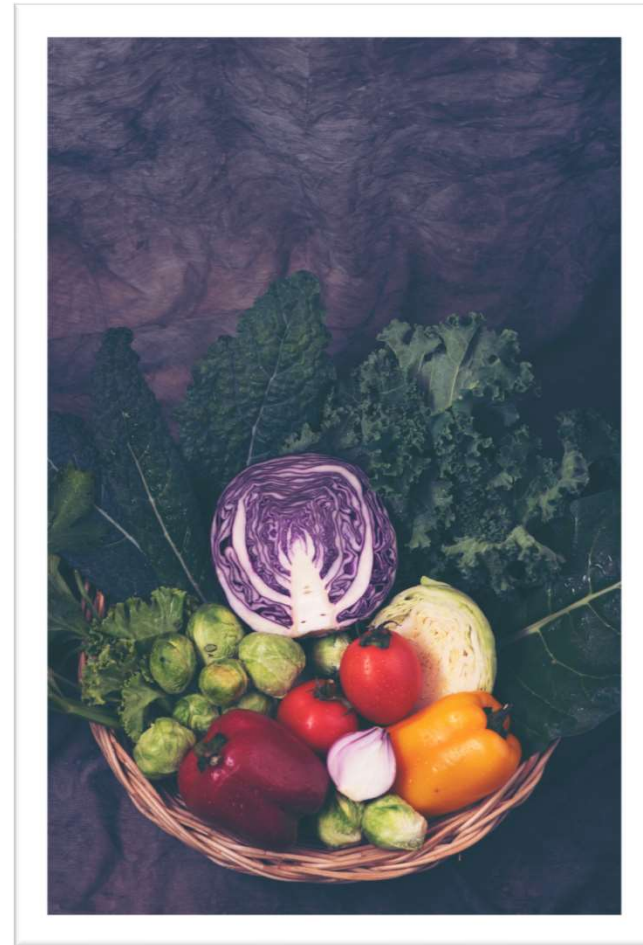
Protein



Water

Micronutrients

- ▶ Vitamins:
 - ▶ A, D, E, K, B, C
- ▶ Minerals
 - ▶ Larger Amounts: Calcium, Phosphorus, Magnesium, Sodium, Chloride, Potassium, Sulfur
 - ▶ Smaller Amounts: Iron, Manganese, Copper, Zinc, Iodine, Fluoride, Selenium



<https://food-guide.canada.ca/en/>



Canada's Food Guide

Seniors' Unique Needs

- ▶ Higher Risk For Chronic Illnesses
 - ▶ Ensure You Are Reducing Your Consumption Of Foods With:
 - ▶ High Sugar
 - ▶ High Sodium
 - ▶ High Saturated Fats
 - ▶ Low Nutritional Value



Seniors' Unique Needs

- ▶ **Reduced Muscle Mass, Leading To Sarcopenia**
 - ▶ **Ensure You Consume Enough Protein To Build Strong Muscles. Foods Can Include:**
 - ▶ **Animal Protein: Beef, Chicken, Fish...**
 - ▶ **Non-Animal Protein: Eggs, Lentils, Tofu**
- ▶ **How Much Protein Do You Require?**
 - ▶ **Highly Debated Topic**
 - ▶ **Recommended Dietary Allowance (RDA) Is 0.8 g/kg (Or 0.36 g/lb) Of Bodyweight Daily**
 - ▶ **Some Sources Recommend 2.0 g/kg/day**

Good sources of protein


Food	Protein (grams)
3 ounces tuna, salmon, haddock, or trout	21
3 ounces cooked turkey or chicken	19
6 ounces plain Greek yogurt	17
½ cup cottage cheese	14
½ cup cooked beans	8
1 cup of milk	8



Seniors' Unique Needs

- ▶ Reduced Sense Of Thirst
 - ▶ Ensure You Are Drinking Enough Water/Fluids Throughout The Day
- ▶ How Can I Tell If I Am Hydrated?
 - ▶ Check Your Urine Color

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Am I drinking enough water?


Use this urine colour chart to check how hydrated you are. It is important to drink plenty of water every day to stay healthy.

1		1 to 2: Hydrated Pale, odourless and plentiful urine usually means that you are well hydrated. Keep drinking at the same rate.
2		
3		3 to 4: Mildly dehydrated Slightly darker yellow urine usually means that you need to drink more water. Drink a glass of water now.
4		
5		5 to 6: Dehydrated Medium-dark yellow urine usually means that you are dehydrated. Drink 2-3 glasses of water now.
6		
7		7 to 8: Very dehydrated Darker, strong-smelling urine in small amounts can be a sign of dehydration. Drink a large bottle of water immediately.
8		

?

What can change the colour of my urine?

Certain foods, medications and vitamin supplements may change your urine colour even if you are hydrated.




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Important

The colours on this chart should only be used as a guide and should not replace the advice of a health professional. Speak to your doctor if you are worried about the colour of your urine, the amount of water you drink or dehydration.

healthdirect.gov.au



Seniors' Unique Needs

- ▶ Reduced Physical Activity
 - ▶ If You Are No Longer As Active As You Were Previously, Be Aware Of Your Calorie Intake
 - ▶ Our Metabolism Slows Down As We Get Older
 - ▶ To Help Maintain A Healthy Weight, Ensure You:
 - ▶ Stay Active
 - ▶ Watch Your Food Consumption



Common Nutrition Mistakes

- ▶ “Empty Calories”
 - ▶ Consuming Too Many Calories Without Nutritional Value
 - ▶ Can Include Chips, Cookies...
- ▶ Solutions: Mindful Eating
 - ▶ We Should Limit Our Intake, Rather Than Completely Eliminating Foods We Enjoy
 - ▶ Make Modifications/Eliminate Foods We Only Eat When Bored



Common Nutrition Mistakes

- ▶ Hidden Sodium
 - ▶ Be On The Look Out For Foods That Are High In Sodium
- ▶ Solution: Reading Nutrition Labels
 - ▶ Check The Serving Size
 - ▶ Check The % Daily Value
 - ▶ 5% DV Or Less Is A Little
 - ▶ 15% DV Or More Is A Lot

Nutrition Facts	
Per 1 cup (250 mL)	
Calories 130	% Daily Value*
Fat 4 g	5 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 20 g	
Fibre 1 g	4 %
Sugars 4 g	4 %
Protein 4 g	
Cholesterol 0 mg	
Sodium 1060 mg	46 %
Potassium 300 mg	6 %
Calcium 50 mg	4 %
Iron 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot

Common Nutrition Mistakes

- ▶ Relying On “Healthy” Labels
 - ▶ Many “Healthy” Items Can Be High In Sugar, Salts Or Fats
- ▶ Solution: Nutrition Labels
 - ▶ Ensure You Read The Nutrition Labels, Especially When Comparing Two Options



<https://tools.myfooddata.com/nutrition-comparison>

Saturated Fats Comparison

20g = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	12% DV 2.4g
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	2% DV 0.31g

Fiber Comparison

28g = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	4% DV 1g
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	0% DV 0g

Sugars Comparison

50g = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	23% DV 11.6g
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	9% DV 4.3g

Calories Comparison

2000 calories = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	9% DV 170 calories
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	5% DV 92 calories

Fat Comparison

78g = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	10% DV 8g
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	3% DV 2g

Carbohydrate Comparison

275g = Full Bar. (-- = missing data)

Snacks Granola Bar General Mills Nature Valley Sweet&salty Nut Peanut 1 bar (x1)	8% DV 21.4g
Snacks Kellogg Kelloggs Rice Krispies Treats Squares 1 serving (x1)	6% DV 17.7g

Comparing Two Snacks

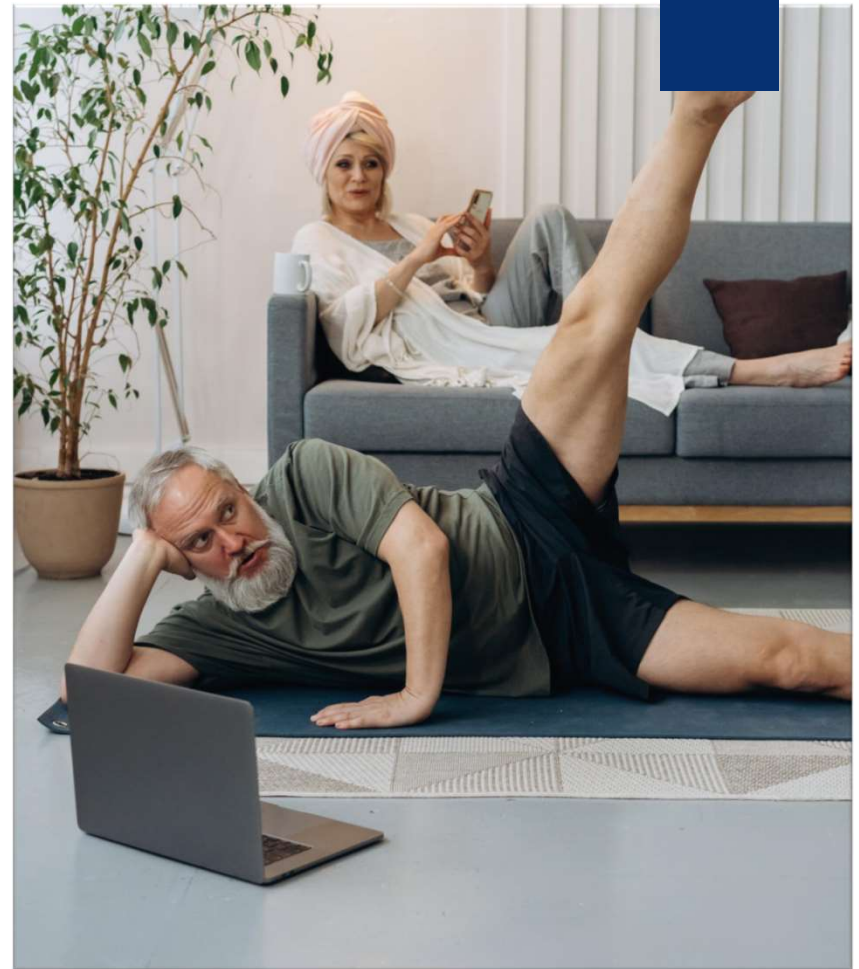
A photograph of a group of people, including an elderly woman with white hair, laughing and dining together at an outdoor restaurant. The table is set with plates of food, glasses, and a pitcher of juice. The background shows green foliage.

**Great Food Choices Can Help
Lead To A Great Life!**

Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ An Exercise Physiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence

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Any Questions?



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SLIDES CAN BE FOUND AT:
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