



# **Lifestyle Choices for Healthy Aging**

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# Today

- **Importance of being at a healthy weight**
  - **What is a healthy weight**
  - **Why is it harder as we age?**
- **Nutrients that are key as we age**
  - **Vitamins and minerals**
  - **Choosing nutrient dense foods**
- **Diets for disease management**
- **Dealing with difficulties of aging and maintaining a healthy diet**



# Healthy Weight

- **BMI\* (Body Mass Index) is used to assess healthy weight ranges**
  - **Normal: 18.5 kg/m<sup>2</sup>-24.9 kg/m<sup>2</sup>**
  - **Overweight: 25.0 kg/m<sup>2</sup>-29.9 kg/m<sup>2</sup>**
  - **Obese: 30.0 kg/m<sup>2</sup> and above**
- **As we age it is ok for our BMI to be slightly above the normal range**
- **We can become overweight by consuming more calories than we burn**

\*BMI: (weight (lbs)/height (in) x height (in) x 703



# Preventing Muscle Wasting



- Beginning at the age of 40 we begin losing muscle mass
- Exercise, especially strength training, is one of the best ways to prevent muscle loss
- Make sure to eat enough protein (0.8 g protein/kg body weight)
- Consume enough calories to support muscle growth
- Consume enough Vitamin D and Omega 3 fatty acids

# So, Where do I Begin?



VITAMEATAVEGAMIN



**SPOON** Your Way  
To **HEALTH**

# Important Nutrients as We Age



- Increase in Calcium recommendation for men >70 and women >50
- Vit B6 recommendation increases >50 for men and women
- Iron recommendation decreases in men >50
- Increase in Vit D needs for men and women over age 70
- Chromium intake can decrease for people over 50
- The best ways to ensure you're getting enough nutrients is to choose nutrient dense foods
- It is important to choose multivitamins intended for your age

# Managing Heart Disease



- **Eat a healthy diet**
  - **Limit your intake of sodium**
  - **Choose less saturated and trans fat foods, & choose more monounsaturated & polyunsaturated fats**
  - **Increase your intake of fiber**
- **Maintain a healthy body weight**
- **Exercise regularly, don't smoke, limit alcohol**

# Healthy and Less Healthy Fats



## ■ Healthy Fats

- **Monounsaturated Fat**
  - Decreases LDL and total cholesterol, slightly improves HDL
  - Found in olive oil, avocados, nuts, seeds
- **Polyunsaturated Fat**
  - Decreases LDL and total cholesterol, slightly decreases HDL
  - Found in soybean oil, walnuts, flax oil, fatty fish

## ■ Less Healthy Fats

- **Saturated Fat**
  - Raises total cholesterol and LDL
  - Found in animal sources, meat, eggs, dairy
- **Trans Fat**
  - Increases LDL and lowers HDL
  - Processed fat, found in fried foods, margarine, baked goods

# Eating Right for Cancer



- **Maintain a healthy body weight**
- **Focus on eating a variety of fruits and vegetables**
  - **Cruciferous vegetables, such as broccoli and cauliflower are especially beneficial**
  - **Foods high in Vitamins A, C, and E provide antioxidants to help prevent cell damage**
- **Choose whole grains over white or refined grains**
- **Limit red meat or “blackened” meat**
- **Try to drink no more than 1 drink/day for women and 2 drinks/day for men**

# Think of this when you shop for groceries



# Eating Right for Diabetes



- **Eat small portions of carbs, choose whole grains**
  - **Carbohydrates are found in grains, dairy & fruit**
- **Limit fats, particularly saturated & trans fats**
- **Limit your intake of sugar, choose sugar substitutes occasionally**
- **Increase your intake of a variety of vegetables**
- **Exercise regularly & maintain a healthy weight**

# Osteoporosis Prevention



- **The best treatment for osteoporosis is prevention:**
  - **Maintain a healthy body weight**
  - **Eat a well balanced diet with calcium, vitamin D, & a variety of fruits & vegetables**
  - **Do weight-bearing exercise**
  - **Avoid smoking, limit caffeine and alcohol**
- **Vitamin D & calcium are key to bone health**
  - **Vitamin D helps promote absorption of the calcium**

# Osteoporosis: Calcium



- **1200 mg of calcium daily after age 50**
- **Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves.**
- **Dairy products—*low fat or nonfat milk, cheese, and yogurt***
  - **Dark green vegetables—*bok choy & broccoli***
  - **Calcium fortified foods—*orange juice, cereal, bread, soy beverages, and tofu products***
  - **Nuts—*almonds***

# Osteoporosis: Vit. D

- People ages 51-70 years need 400 IU of Vit D; those over 71 need 600 IU
- Vitamin D is found in foods & sunlight
  - 10 to 15 minutes in the sun at least twice weekly, with some of your body exposed to the sun without sunscreen, will allow your body to make as much vitamin D as it needs
- Good food sources include:
  - Fortified milk, salmon, sardines, tuna



# Dealing with Issues as We Age



- Unintentional weight loss (chewing difficulties, depression)
- Poor appetite
- Following a restrictive diet
- Cooking for one
- Change in taste buds
- Medications

# Improving Eating Habits

- **Eating with others**
  - **Focus on the conversation**
- **Stimulating the appetite**
  - **Set a nice table, create interesting meals**
- **Enhancing taste and flavor**
  - **Try new foods and spices**
- **Eating for the season**
  - **Good for the environment, food is fresh**



# Dehydration Risks

- Dehydration is a lack of fluid in the body
  - Poor fluid intake/natural loss of fluids
  - Lack of fluid can be dangerous or fatal
  - The human body does not store fluid
- One in three older adults may not be getting enough fluid
  - Older adults have less body water
  - Kidney function may be less efficient
  - Decreased thirst sensation
  - Changes in physical condition such that having access to fluids may be difficult



# Preventing Dehydration



- **Foods produce water**
  - **Fruits & vegetables have a high water content**
  - **Soups, gelatin, and pudding**
- **To help prevent dehydration:**
  - **Drink favorite fluids during and between meals**
  - **Serve cold drinks cold & hot drinks hot**
  - **Keep fluids nearby and handy**
  - **Watch for signs and symptoms of dehydration**
  - **Drink liquids with medicines**

# Resources - Nutrition



- **Leah Frankel MS, RD**  
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- **Center for Disease Control and prevention**  
[www.cdc.gov](http://www.cdc.gov)
- **American Cancer Society**  
[www.cancer.org](http://www.cancer.org)
- **United States Department of Agriculture**  
[www.usda.gov](http://www.usda.gov)