

Why is food so important for good health in later years ?

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Who are the 'older adults'?





Demographic Data

In Nelson Marlborough the proportion of people over 65 is higher than elsewhere in New Zealand.

- 14.3 percent of people in Nelson Region,
- 15.5 percent of people in Marlborough Region and
- 13.1 percent of people in Tasman Region are aged 65 years and over compared with 12.1 percent for all of New Zealand

This percentage is predicted to increase significantly over the next 14 years to reach 25⁰%

Source: Statistics NZ



Poor Nutrition in Older Adults: Does it Matter?

- More likely to fall
- Need more assistance
- Need more complex support and care
- More complications eg. infections, pressure sores
- Less likely to be able to live independently
- Need more frequent and longer stays in hospital

**Poor nutrition is much harder and more
expensive to treat than to prevent**



What is good nutrition associated with?

- Preventing malnutrition
- Supporting physical function
- Reducing the risk of chronic disease
- Supporting mental health
- Preventing disability

Age-related changes that influence nutrient requirements

Age-related changes

- ↓ muscle mass
- ↓ bone density
- ↓ immune function
- ↓ gastric acid
- ↓ skin capacity for synthesising Vitamin D
- ↓ calcium bioavailability
- ↓ hepatic uptake of retinol

Impact on nutrient requirements

- ↓ need for energy
- ↑ need for calcium, vitamin D
- ↑ need for vit. B6, vit. E, zinc
- ↑ need for vit. B12, folic acid, calcium, iron, zinc
- ↑ need for vitamin D
- ↑ need for calcium and vitamin D
- ↓ need for vitamin A

Nutrients Important in Ageing

Energy (Calories)

For some older adult ↓ calorie requirements in older age because

- ↓ basal metabolic rate
- ↓ physical activity

Protein

may be ↑ protein requirements in older age

↑ protein requirements with illness, stress, infection and surgery

Combine above with ↓ appetite and ↓ oral intake

→ **small nutrient dense meals**

Nutrients Important in Ageing

Calcium

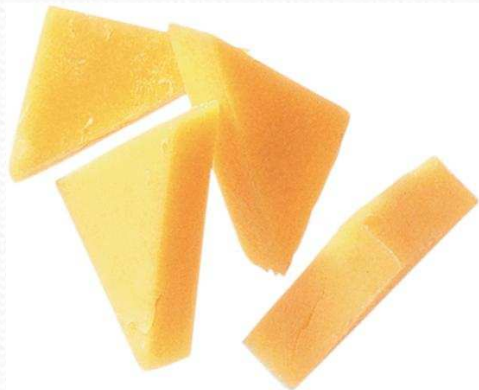
- Helps to keep bones strong and prevent osteoporosis
- People at risk
 - older women (men have a denser bone structure)
 - men over 60, especially if they smoke, have low testosterone level or are heavy drinkers
- 18% NZ older men and 30% NZ older women have inadequate intake calcium



Nutrients Important in Ageing

Calcium

- Recommended daily calcium intake
 - older men: 1000mg per day (2.5 glasses of calci-trim milk)
 - older women: 1300mg per day (3+ glasses of calci-trim milk)
- Milk products are a good source of readily absorbed calcium – aim for at least 3 serves of milk and milk products daily



Nutrients Important in Ageing

Vitamin D

- The prevalence of vitamin D deficiency in older people is much greater than previously realised, especially among those who are housebound
- Vitamin D deficiency is associated with:
 - Muscle weakness and osteomalacia
 - Falls and fractures that are not explained by reduced bone density
- Older people may have greater need for vitamin D compared to younger adults



Prevention of Poor Vitamin D Status

- **Sunlight** – 30 minutes daily, in summer months before 11am and after 4pm
 - Sunscreen and sitting behind glass prevent skin production vitamin D
- **Diet** – oily fish, milk and milk products, eggs and vitamin D fortified foods eg margarine
- **Supplements:**
 - multi-vitamin and mineral supplements





Nutrients Important In Ageing

Vitamin B₁₂

- B₁₂ status of older people is poor
- Prevents anaemia
- Dietary sources, only found in animal foods eggs meat etc
- Better absorbed for many older people
in supplement form or in form of B₁₂ fortified foods

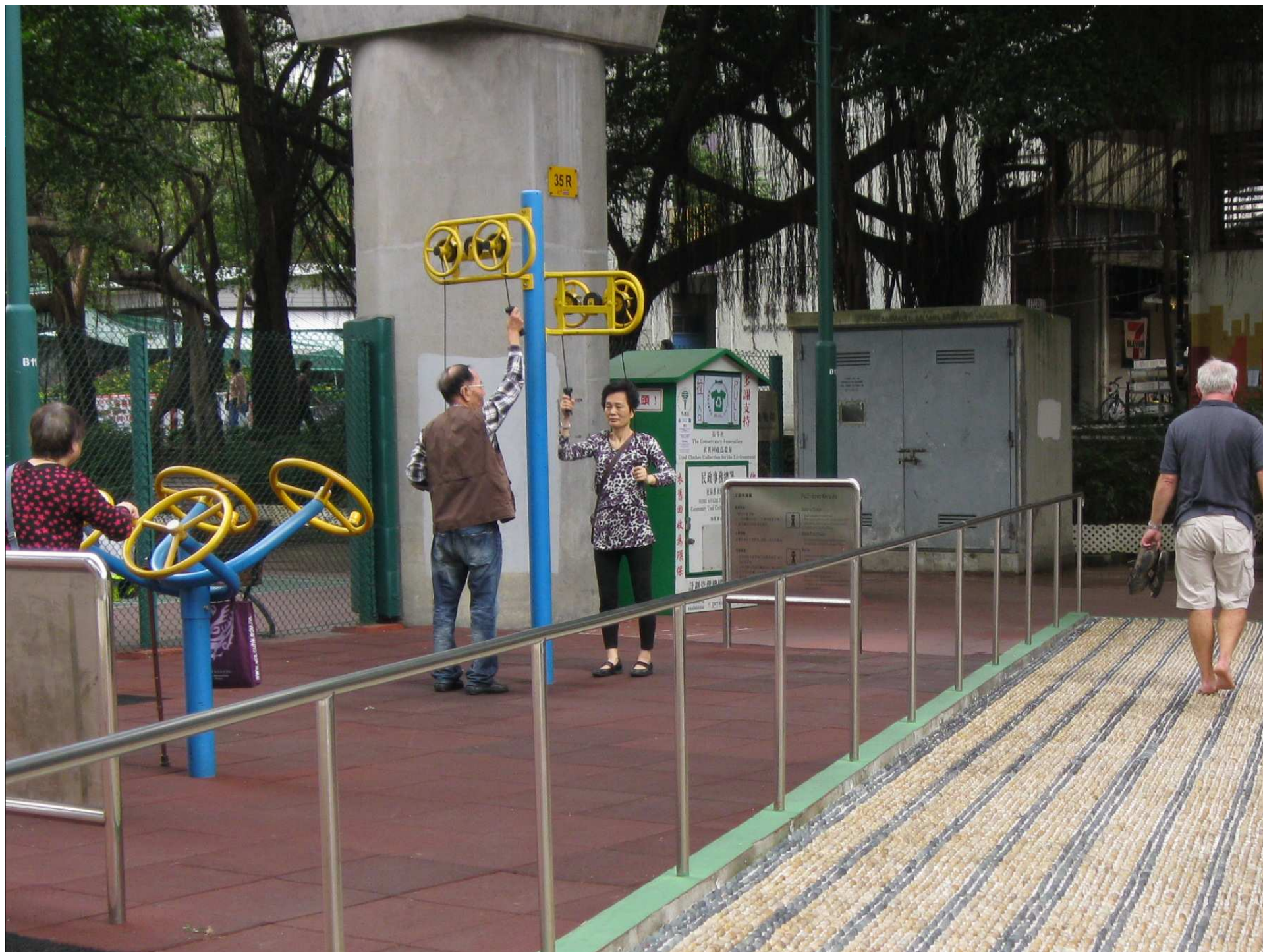
Folic Acid/ folate

- Low folate intake less common
- Dietary sources: veges, bread, breakfast cereal, wholegrains, vegemite, marmite and fortified foods



Fitness Corner for Elderly A Guide to Fitness Exercise

1. All fitness equipment in the Corner is suitable for the elderly.
2. Warm up for 10 to 15 minutes as gentle stretching. After using the equipment, take 8 to 10 minutes to do soothing exercise.
3. Do not exercise immediately after a large meal or when you feel hungry. After meal, wait 1 to 1 1/2 hours before taking strenuous exercise. Do not drink alcohol before exercise.
4. Wear comfortable and air-permeable clothes and flat-heeled shoes for better footing.
5. Read the operating instructions carefully before using the equipment.
6. Ensure the equipment functions properly before using it. If it does not work properly or it is out of order, inform the staff in the park immediately. Do not attempt to repair it yourself.
7. Observe your physical condition and level of ability. If you feel unwell, stop exercising immediately and seek help from the staff or others in the park.



Fluids - how much?

- At least 8 cups of fluid per day
- You may need extra fluid if:
 - the weather is hot and humid
 - you are doing a lot of physical activity
 - you are constipated

**How do you know if you are
having enough fluids?**



What foods should older people eat?

Translating the science to the plate

Healthy Eating For Older Adults

For healthy older people – 1 3 5 6 food plan

- At least 1 serve Meat & Alternatives
- At least 3 serves Milk & Dairy Products
- At least 5 serves Veges & Fruit (3 veges, 2 fruit)
- At least 6 serves Breads & Cereals

add additional foods from these 4 groups according to appetite and level of activity

Indulgences

- unless weight reduction is essential, 1 or 2 extras can be enjoyed

Healthy Eating for Older People

Vitamin D

Let the sun shine on your skin for about 30 minutes most days. This stimulates your body to make vitamin D which is vital for strong bones. Vitamin D is also found in eggs, margarine, fish and seafood.



Extras include oils, margarine, butter, cream, chocolate, lollies, cakes, beer, wines and spirits.

Extras

What is a Serving?

The amount of "extras" recommended will vary according to your individual needs



Try to include red meat at least 3 times a week. It contains many essential nutrients such as protein, iron and zinc.

Meat & alternatives...at least 1 serving a day

- 2 slices cooked meat
- 3/4 cup mince or casserole
- 2 drumsticks or 1 chicken leg
- 1 medium fish fillet
- 3/4 cup cooked dried peas, beans, lentils
- 1-2 eggs



Milk products are an important source of calcium which helps to maintain strong bones and can reduce the risk of breaks.

Milk & milk products...at least 3 servings a day

- 1 cup milk
- 1 bowl custard
- 1 pottle (150g) yoghurt
- 2 slices cheese (40g)
- 2 scoops ice-cream



Eating vegetables and fruit each day provides fibre and an excellent range of vitamins, minerals and antioxidants.

**Vegies & fruit...at least 5 servings a day
(3 vegies & 2 fruit)**

- 1 or 2 small pieces of fresh fruit
- 1/2 cup cooked fruit
- 1 cup fruit juice (once daily only)
- 1/2 cup cooked vegetables
- 1 bowl vegetable soup
- 1/2 cup salad



Breads and cereals provide energy, vitamins, minerals and fibre. Wholegrain varieties are best.

Breads & cereals...at least 6 servings a day

- 1 slice bread
- 2 crackers or plain sweet biscuits
- 1/2-1 cup breakfast cereal
- 1 cup cooked pasta or rice



Fluids are vital for good health and especially important for regular bowel action.

Fluids...at least 8 servings a day

- 1 cup water, cordial, fruit juice or milk
- 1 cup tea or coffee
- 1 bowl of jelly
- 1 bowl of soup

1 cup = 250ml

Did You Know That . . .

If you use salt, use iodised salt

Milk does not cause mucous and should be included in a healthy diet

Some herbal therapies may interact with medications. Inform your doctor or pharmacist if you are taking these

You need to look after your teeth and have regular dental check ups

Eggs are very nourishing, easily digested foods. They can be eaten on a regular basis

Long life milk and powdered milk are much more convenient than fresh and are just as nutritious

Canned, frozen or refrigerated meals (such as soups, stews, baked beans) are easy and nutritious

Cheese does not cause constipation. Lack of fibre, fluid and activity do!

One or two alcoholic drinks a day can add enjoyment to meal times but remember to include at least two alcohol free days each week

Being overweight or underweight increases the chances of developing health problems

Canned and frozen fruit and vegetables are just as nutritious as fresh varieties

If you are on any medication check with your doctor or pharmacist before drinking alcohol

Keep Active

Aim to be physically active for at least 30 minutes most days. Choose activities you enjoy e.g. walking, golf, bowls, dancing, tennis, Tai Chi, gardening, active work around the house etc.

Canterbury

District Health Board

Te Pori Hauora o Waitaha

Older Persons Health Service, Canterbury District Health Board, March 2005. Adapted with permission from the Healthy Eating, Healthy Ageing brochure developed by the Dietitians in Rehabilitation and Aged Care Group of the Dietitians Association of Australia (Victoria Branch).

For further copies of this brochure contact Community Health Information Centre, 76 Chester Street East, PO Box 1475, Christchurch. Phone: 03 364 7844, Facsimile: 03 379 6125, Email: chic@cph.co.nz NUT 0128



Nutrition Information for Older People

Healthy Eating, Healthy Ageing Kai Hauora, Hauora Pakeke

Nourishing food is just as important now as it was when you were younger.

This guide can help you maintain good health.

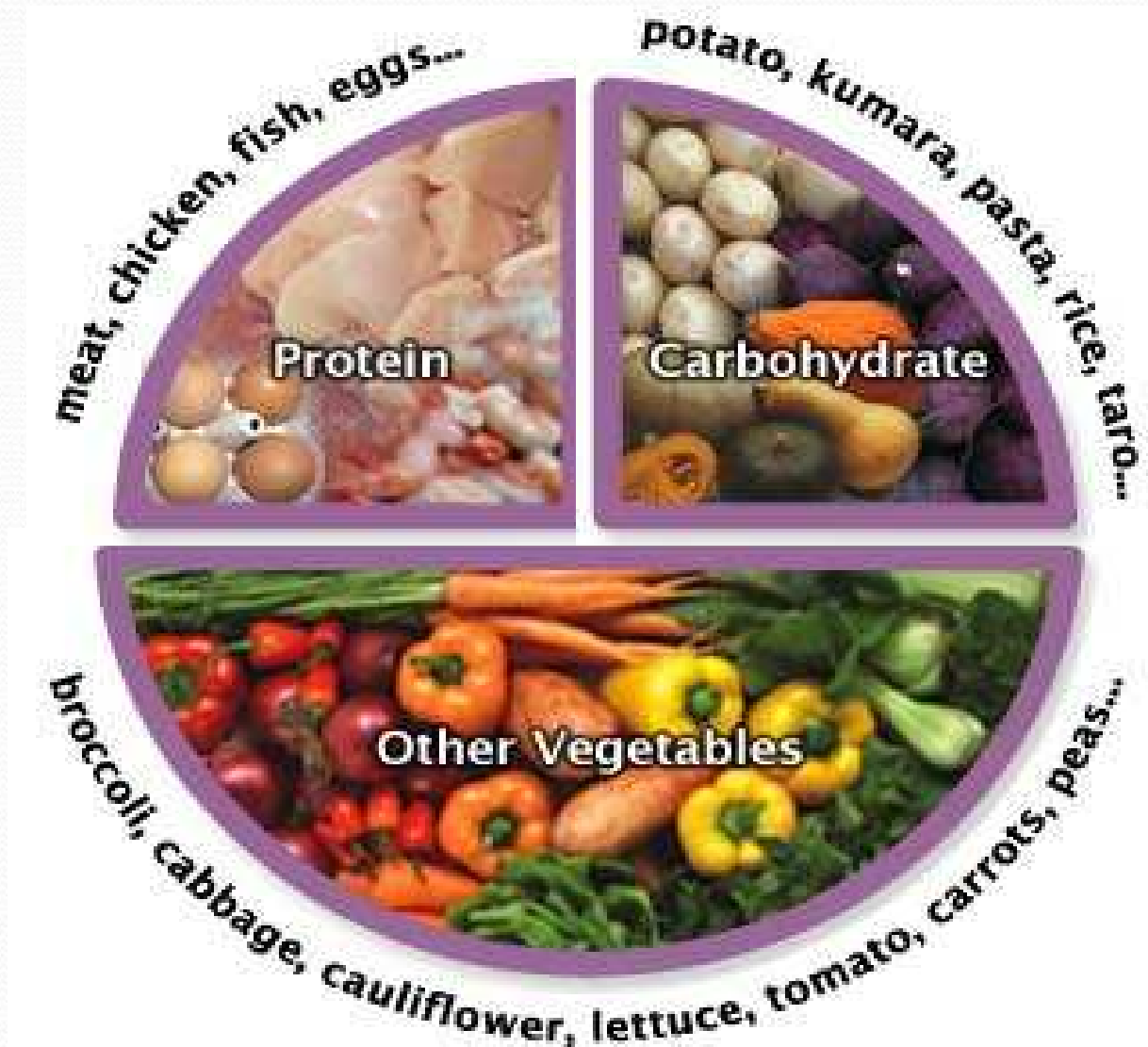
Eat well, be active and live life to the full.



How well have we done?

Food Group	Recommended	Achieved?
Breads & Cereals	At least 6	5 + potato
Veges	At least 3	3+
Fruit	At least 2	2+
Dairy	At least 3	3+
Meat & Alternatives	At least 1	1+

The Ideal Plate





Summary

- Energy requirement may decrease with age, macro and micro nutrients requirement generally do not decrease with age and some such as protein and calcium actually increase with age.
- Consuming a variety of foods from the four food groups will ensure that your nutrient recommendations are met.
- Food should be enjoyed!
- Take every opportunity to exercise

The secret to long life....





THANKYOU

Acknowledgement

‘Healthy Eating Healthy Ageing – Sally Watson RD
Canterbury District Health Board & Ministry
of Health

Food and Nutrition Guidelines for Healthy Older
Adults

- Ministry of Health