

## Nutrition for seniors Part II

Please visit <http://DiversityCalgary.ca/chf> for more general nutrition information.

\*\*\*Information below is for seniors who have a basic level of good health and not have any specific health conditions that may require different nutritional needs.

### 1. Protein

- Keeps the immune system healthy
- Helps heal wounds
- Slows down the loss of muscle
- Keeps bones strong
- Carries vitamins and minerals around the body
- Makes meals more filling
- Balances blood sugar levels for better energy
- Milk and Meat have proteins, spread out intake during the day

### 2. Bone Health

- Take calcium and vitamin D every day
- Protein intake
- Decrease alcohol and caffeine intake
- Exercise daily – weight bearing exercise (walking) and strength training (weights, yoga)
- Stop or reduce cigarette smoking

### 3. Food sources of Calcium

- Best Source: Cow's Milk, Goat's Milk, Fortified Soy Milk, Tofu, Yogurt, Cheese
- Good source: Salmon or Sardines with bones
- Other sources: Almonds, Navy Beans, White Beans, Spinach, Bok Choy
- For 50–70-year-olds, 1200mg/day of calcium for women, and 1000 mg/day for men are recommended.
- For 71+ year old, 1200 mg/day of calcium for both men and women are recommended.

#### **4. Vitamin D**

- Best Sources of Vitamin D: Salmon, Rainbow, Trout, Herring
- Good Sources: Cow's Milk, Goat's Milk, Fortified Soy Milk, Sardines, Halibut
- Other Sources: Egg Yolks, Mackerel, Non-Hydrogenated Margarine
- For 50-70 years old, 600 IU/day of Vitamin D for both women and men, with daily supplement of 400 IU/day are recommended.
- For 71+ years old, 800 IU/day of Vitamin D for both women and men, with daily supplement of 800 IU/day are recommended.

#### **5. How to reduce Salt in your diet**

- Substitute other seasonings for salt, such as herbs, dry mustard, spices, lemon juice, ginger or garlic
- Choose fresh rather than canned food when possible
- Rinse canned foods under water to remove some salt
- Avoid processed, cured, or smoked meats (sausages, hot dogs, ham, bacon, pepperoni)
- Limit salty snack foods, such as crackers and chips
- Avoid frozen dinners

#### **6. Nutrition consultation and workshops**

- Health Link Alberta 811 dietician help. Interpretation available in 240+ languages.
- Visit "[Healthy Eating Starts Here](#)" page on Albert Health Services website - healthy eating resources for when you are at school, early learning & child care centres, at work and in the community.
- [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) provides health information on nutrition.
- Alberta Healthy Living Program – for adults who have a chronic condition can sign up for exercise classes for free, self-refer 1-844-527-1160. Classes and workshops are free as well. [Click on](#) Class description handbook or class schedule guide under "Calgary zone", and then click on each topic if you would like to register online. Or call to register 1-844-527-1160.