

Nutrition for seniors

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

***Information below contains general information for seniors who are in overall good health. For nutrition questions specific to your health condition, call 811 and ask to talk to the dietitian.

1. Why food matters

- Maintain strength -> Prevent Frailty -> Maintain Health -> reduce Hospital stays

2. Changes with aging

- Appetite
- Taste and smell
- Muscle loss
- Digestion
- Bone loss

3. Nutrition tip

- Eat together with others: Family / Friends / Neighbors / Community kitchens or events

4. Canada's Food Guide

- Available in other languages

A) Protein

- Older adults need more protein
- Protein helps to: keep strong muscles, stay healthy, recover from illness
- Protein foods (plants) – beans, peas, tofu, soy milk, nuts, nut butter
- Protein (animal) – meat, fish, seafood, eggs

- Protein (dairy) – milk, kefir, paneer, cheese, yogurt/curd, labneh
- Tips: spread protein foods throughout the day / include protein foods at three meals daily / drink milk or fortified soy beverage

B) Vegetables and fruits

- Enjoy with most meals and snacks
- Fresh, frozen or canned

C) Whole grain foods

- Choose whole grain foods often
- Popcorn, bulgar, buckwheat, cornmeal, teff, injera, hulled barley, couscous

D) Healthy Fats

- Choose unsaturated fats
- Nuts and seeds
- Fatty fish
- Avocados, olives

5. Important nutrients for seniors

A) Calcium

- Bone and muscle health
- Get from foods first
- Milk, yogurt, cheese, as well as in fortified soy beverages, tofu, fish with bones, green leafy vegetables and almonds

B) Vitamin D

- Bone and muscle health
- Take a supplement every day
- 1000 IU daily

C) Fibre

- Promotes bowel movements
- Improves cholesterol

- Manages blood sugar
- Reduces cancer risk

6. Fluids

- Mostly water
- At least 6 cups daily (1.5 liters)
- Milk, tea/coffee, broth, other liquids

7. Nutrition tip

- Prepare food at home as much as possible.
- Benefits include: make traditional foods you like, less sodium (salt), may save money
- Read the nutrition facts: % daily value – tells you if a food has a little or a lot of a nutrient, look for foods lower in **saturated sugar and sodium**

8. Meal planning

- Balanced meals
- Making meals easier – take time to plan your meals
- Recipes : www.ahs.ca/receipes, www.heartandstroke.ca, www.cookspiration.com

9. Resources

- 811: call and ask to talk to a dietitian. Translators available. 24/7