

Healthy Ageing 101 Presents:

Beyond Tea And Toast: Optimizing Nutrition As We Age

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Healthy Ageing
and Geriatrics



Disclaimer

- This presentation is not meant to replace individualized guidance on diet and health. If you have specific nutrition or health related concerns please speak with your doctor or a registered dietitian.

Learning Objectives

- Review age related changes and risk factors for malnutrition
- Review nutrition goals for older adults, focus on hydration and preventing muscle loss
- Discuss general healthy eating for healthy ageing

Healthy Eating for Healthy Ageing – Why it's Important

- Proportion of Canadians 65 or older is predicted to reach nearly 25% by 2030 (Government of Canada - Action for Seniors Report)
- Nutrition can play an important role in managing/reducing the risk of chronic health conditions such as cancer, heart disease and diabetes
- Malnutrition can result in longer length of hospital stay
- Maintaining good nutrition can help contribute to better quality of life as we age

Age Related Changes

- Loss of muscle mass (sarcopenia)
- Decrease in total body water
- Lower bone density
- Decreased absorption of some nutrients (e.g- B12)
- Increased risk of chronic illness

Age Related Risk Factors for Malnutrition

- Dysphagia
- Diet restrictions related to chronic illness
- Dementia
- Decreased Mobility/Eating Impairment/Pain
- Taste and smell alterations
- Socio-economic factors
- Motivation/Depression (Cooking for one – tea and toast!)
- Constipation

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UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

Nutrition Related Goals

- Manage chronic illness (blood sugar, cardiac workload, renal function etc.)
- Adequate energy and protein intake
- Meet DRI for micronutrients
- **Minimize muscle loss**
- Ensure feeding safety
- Skin integrity
- Promote recovery from surgery or illness
- **Hydration**

Hydration in Older Adults

- As we age our bodies become less efficient at maintaining fluid balance.
- Kidney function, impaired thirst mechanism, texture modified diets can all affect hydration.
- Getting up to use the washroom!
- Hot weather as well as fevers and other illness can cause water loss and increase need for fluid intake.

Signs of Dehydration

- Increased thirst
- Feeling faint or dizzy
- Dry mouth/skin
- Cracked lips
- Decreased urine output, darker colour urine
- Altered mental status

Potential Consequences of Dehydration

- Confusion
- Infections
- Impaired kidney function
- Electrolyte abnormalities
- Temperature
- Delayed wound healing
- Constipation



Tips to promote hydration

- Small amounts throughout the day
- Encourage liquids with all meals and snacks
- Offer extra liquids with medication
- Consider preferences – juices, coffee/tea, soup, popsicles, milk can all help with hydration
- Pay extra attention to fluid intake on thickened fluid diets

Sarcopenia

Loss of muscle can affect:

- Metabolic rate
- Risk of falls
- Respiratory function
- Ability to swallow

Risk factors:

- Age
- Prolonged hospital stay, immobility, sedentary lifestyle
- Decreased protein intake

Preventing and treating sarcopenia requires a multidisciplinary approach!

Strategies for increasing protein intake

- Include a variety of protein rich foods such as beans/legumes, nuts/seed, dairy or (protein rich) alternatives, meat, eggs, fish, tofu, tempeh etc.
- Include protein rich foods at all meals and snacks
- If appetite is low try to have smaller more frequent meals
- Eat the protein rich foods on your plate first
- Protein rich foods are also a good source of iron, zinc, vitamin B12, calcium and vitamin D.

Protein Content of Common Foods

Food	Portion	Protein (g) (approx.)
Meat, fish or poultry	75g (2.5 oz)/125 ml	21
Firm tofu	150 g/175 ml	21
Egg, chicken	2 large	12
Cheese	50 g (1.5 oz)	12
Beans, peas, lentils	175 ml (3/4 cup)	12
Cow's milk	250 ml (1 cup)	9
Yogurt	175 ml (3/4 cup)	8
Peanut butter	30 ml (2 Tbsp)	6
Nuts or seeds	60 ml (1/4 cup)	7
Bread	1 slice (35 g)	4

Practice Based Evidence in Nutrition, 2015

Healthy Eating for Healthy Ageing

- Avoid added sugar
- Choose high fibre foods more often
- Enjoy healthy fats, limit saturated/trans fat
- Limit highly processed foods and foods high in salt
- Enjoy home cooked meals more often
- Nutrition considerations for managing chronic health conditions
- Canada's Food Guide...

Canada's Food guide since 1942

CANADA'S OFFICIAL FOOD RULES

These are the Health-Protective Foods

Be sure you eat them every day in at least these amounts.
(Use more if you can)

MILK—Adults— $\frac{1}{2}$ pint. Children—more than $\frac{1}{2}$ pint. And some CHEESE, as available.

FRUITS—One serving of tomatoes daily, or of a citrus fruit, or of tomato or citrus fruit juices, and one serving of other fruits, fresh, canned or dried.

VEGETABLES (In addition to potatoes of which you need one serving daily)—Two servings daily of vegetables, preferably leafy green, or yellow, and frequently raw.

CEREALS AND BREAD—One serving of a whole-grain cereal and 4 to 6 slices of Canada Approved Bread, brown or white.

MEAT, FISH, etc.—One serving a day of meat, fish, or meat substitutes. Liver, heart or kidney once a week.

EGGS—At least 3 or 4 eggs weekly.

Eat these foods first, then add these and other foods you wish.

Some source of Vitamin D such as fish liver oils, is essential for children, and may be advisable for adults.

Canada's FOOD RULES

These foods are good to eat. Eat them every day for health. Have at least three meals each day.

Milk
Children (up to about 12 years) at least $\frac{1}{2}$ pint
Adolescents at least $\frac{1}{2}$ pint
Adults at least $\frac{1}{2}$ pint

Fruit
One serving of citrus fruit or tomatoes or their juices;
AND
one serving of other fruit.

Vegetables
At least one serving of potatoes;
AND
at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

Cereals and Bread
One serving of whole grain cereal,
AND
at least four slices of bread (with butter or fortified margarine).

Meat and Fish
One serving of meat, fish, poultry, or meat alternative such as dried beans, eggs and cheese.
Use LIVER frequently.
EGGS and CHEESE at least three times a week each.

VITAMIN D—At least 400 International Units daily for all growing persons and expectant and nursing mothers.

Sponsored by the Canadian Council on Nutrition, 1942
Medicine Division
Department of National Health and Welfare, Ottawa

Eat a variety of foods from each group every day

1. Eat a variety of foods from each group every day.

2. Choose lower-fat foods more often.

3. Eat a variety of foods from each group every day.

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7. Eat a variety of foods from each group every day.

8. Choose lower-fat foods more often.

9. Eat a variety of foods from each group every day.

10. Choose lower-fat foods more often.

CANADA'S Food Guide TO HEALTHY EATING FOR PEOPLE FOUR YEARS AND OVER

Enjoy a variety of foods from each group every day.

Choose lower-fat foods more often.

Grain Products
Choose whole grain and enriched products more often.

Vegetables and Fruit
Choose dark green and orange vegetables and orange fruit more often.

Milk Products
Choose lower-fat milk products more often.

Meat and Alternatives
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

Canada

Recommended Number of Food Guide Servings per Day	What is One Food Guide Serving? Look at the examples below.	Make each Food Guide Serving count... whenever you are not feeling well, eating out or eating on the go.																																								
<table border="1"> <tr> <th>Age Group</th> <th>18-24</th> <th>25-34</th> <th>35-44</th> <th>45-54</th> <th>55-64</th> <th>65-74</th> <th>75+</th> </tr> <tr> <td>Vegetables and Fruit</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>7</td> </tr> <tr> <td>Grain Products</td> <td>3</td> <td>4</td> <td>6</td> <td>7</td> <td>6</td> <td>7</td> <td>7</td> </tr> <tr> <td>Milk and Alternatives</td> <td>2</td> <td>2</td> <td>3</td> <td>4</td> <td>3</td> <td>2</td> <td>3</td> </tr> <tr> <td>Meat and Alternatives</td> <td>1</td> <td>1</td> <td>2</td> <td>2</td> <td>2</td> <td>2</td> <td>2</td> </tr> </table>	Age Group	18-24	25-34	35-44	45-54	55-64	65-74	75+	Vegetables and Fruit	4	5	6	7	8	9	7	Grain Products	3	4	6	7	6	7	7	Milk and Alternatives	2	2	3	4	3	2	3	Meat and Alternatives	1	1	2	2	2	2	2	<p>Vegetables and Fruit: Cooked or canned vegetables (1/2 cup); Leafy greens (1 cup); Fresh fruits (1 cup); Dried fruits (1/4 cup); Beans, lentils or chickpeas (1/2 cup); Nuts, seeds or nut butters (1/4 cup).</p> <p>Grain Products: Bread (1 slice); Pasta (1/2 cup); Cooked rice (1/2 cup); Cooked quinoa (1/2 cup); Cooked whole grain cereal (1/2 cup); Cooked oatmeal (1/2 cup); Cooked barley (1/2 cup); Cooked bulgur (1/2 cup); Cooked farro (1/2 cup); Cooked amaranth (1/2 cup); Cooked millet (1/2 cup); Cooked speltz (1/2 cup); Cooked teff (1/2 cup); Cooked sorghum (1/2 cup); Cooked buckwheat (1/2 cup); Cooked amaranth (1/2 cup); Cooked millet (1/2 cup); Cooked speltz (1/2 cup); Cooked teff (1/2 cup); Cooked sorghum (1/2 cup); Cooked buckwheat (1/2 cup).</p> <p>Milk and Alternatives: Milk (1 cup); Milk powder (1/4 cup); Yogurt (1/2 cup); Cheese (1/2 cup); Tofu (1/2 cup); Soy milk (1 cup); Soy yogurt (1/2 cup); Soy cheese (1/2 cup); Soy tofu (1/2 cup); Soy milk powder (1/4 cup); Soy yogurt powder (1/4 cup); Soy cheese powder (1/4 cup); Soy tofu powder (1/4 cup).</p> <p>Meat and Alternatives: Cooked meat (2 oz); Cooked poultry (2 oz); Cooked fish (2 oz); Cooked eggs (1 egg); Cooked tofu (1/2 cup); Cooked beans (1/2 cup); Cooked lentils (1/2 cup); Cooked chickpeas (1/2 cup); Cooked tempeh (1/2 cup); Cooked seitan (1/2 cup); Cooked soy sausage (1/2 cup); Cooked soy burger (1/2 cup); Cooked soy hot dog (1/2 cup); Cooked soy sausage (1/2 cup); Cooked soy burger (1/2 cup); Cooked soy hot dog (1/2 cup).</p>	<p>1. Eat a variety of foods from each group every day.</p> <p>2. Choose lower-fat foods more often.</p> <p>3. Eat a variety of foods from each group every day.</p> <p>4. Choose lower-fat foods more often.</p> <p>5. Eat a variety of foods from each group every day.</p> <p>6. Choose lower-fat foods more often.</p> <p>7. Eat a variety of foods from each group every day.</p> <p>8. Choose lower-fat foods more often.</p> <p>9. Eat a variety of foods from each group every day.</p> <p>10. Choose lower-fat foods more often.</p>
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Oils and Fats: Choose a variety of oils and fats. Use oils and fats to cook, dress, and spread. Use oils and fats to cook, dress, and spread. Use oils and fats to cook, dress, and spread.

Enjoy a variety of foods from the food groups.

Satisfy your thirst with water.

Canada's Food Guide Today

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

- Canada.ca/FoodGuide

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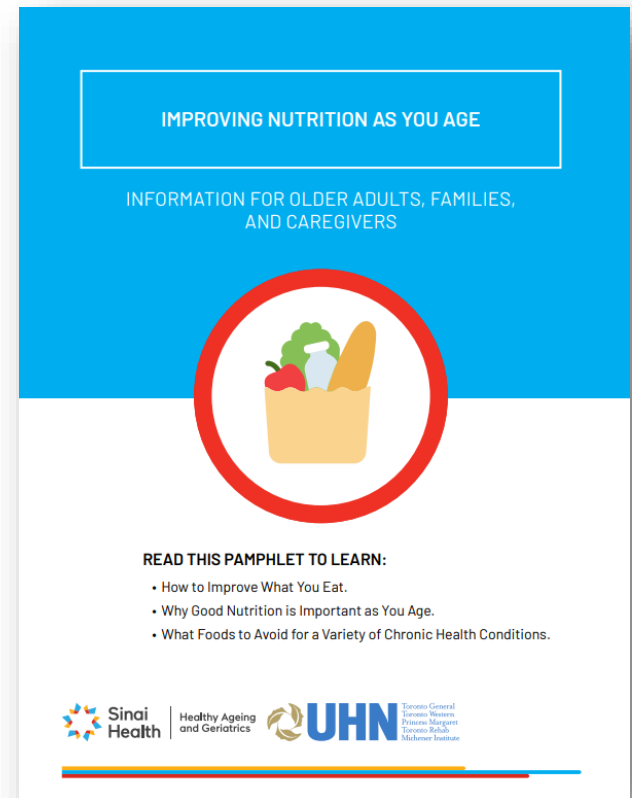
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Additional Resources

Find more information in
“Improving Nutrition As You Age”
available on our website

<https://sinaigeriatrics.ca/patient-resources/improving-nutrition-as-you-age/>



Additional Resources

<https://sinaigeriatrics.ca/healtheducation/>

Canada's Food Guide

- Canada's Food Guide provides advice on how to plan meals, eat well and maintain a balanced diet.

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

Dietitians of Canada

- Dietitians of Canada provides resources to help with healthy food choices, including links to several food trackers, self-assessment tools, cooking guides and recipes.

<https://www.dietitians.ca/>

Questions? (submit through Q&A)



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