

# **YOUR GOLDEN YEARS EATING WELL WITH AGING**

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# GOLDEN YEARS

- Gerontologists have recognized that people experience very different conditions as they approach old age.
- The age of 65 has long been considered the benchmark for senior citizenship in numerous countries.
- In the United States, the standard retirement age is currently 66 (gradually increasing to 67)
- Different countries have different standard retirement age, most commonly it the 65 years.

# AGING CRITERIA

- Young-old      65 to 74
- Middle-old      75 to 84
- Old-old      85+

# PHYSICAL INDICATORS OF AGING

- Bone and Joint problem which may result in loss of height
- Stooping posture indicating Osteoporosis and Osteoarthritis.
- Chronic Condition: Hypertension, Heart Disease, Arthritis, mucus hypersecretion

What's your  
best childhood  
memory?

My back  
not hurting.



# PHYSICAL INDICATORS OF AGING

## Dental Problems such as:

- Less saliva in mouth
- Decreased ability to maintain oral health

**What are dental  
X-rays called?**

Tooth pics.



# Digestive System

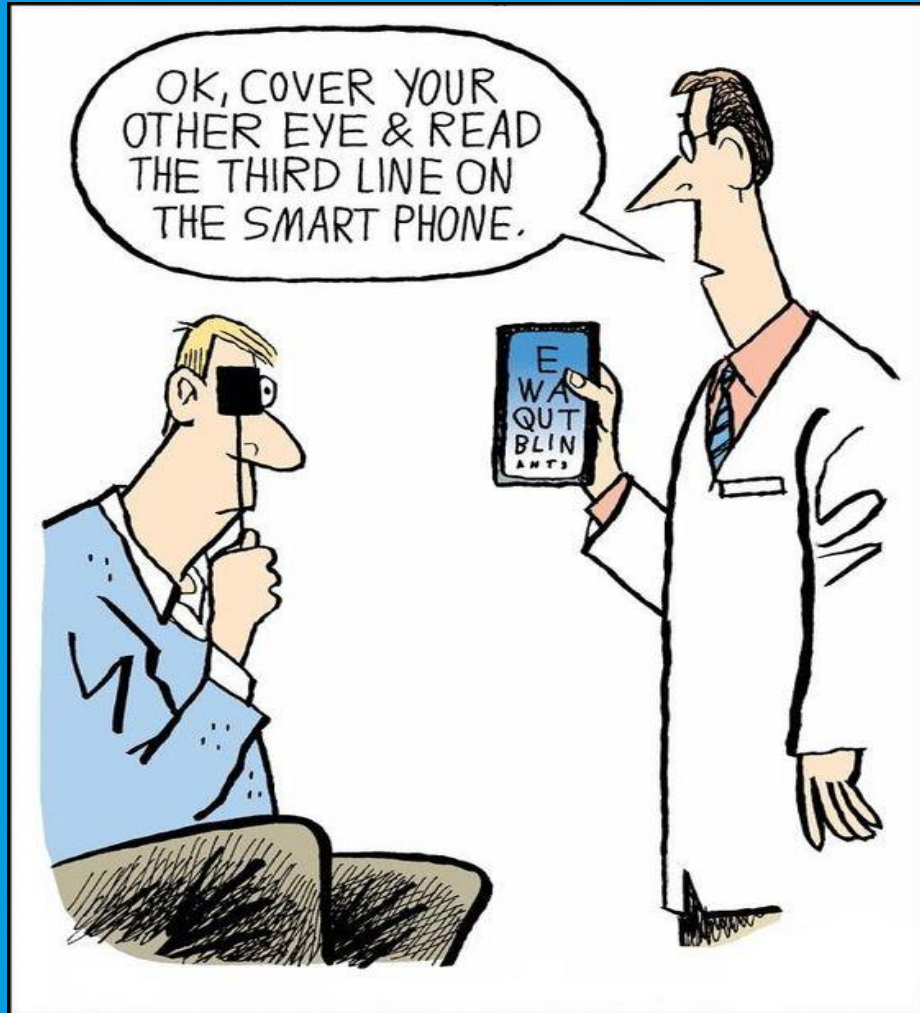
About 40% of Senior Citizens experience the following:

- Constipation
- Swallowing difficulty / inability to eat enough absorb nutrition.





# ESSENTIAL TREMORS, EYESIGHT DETERIORATION, FALLS, HEARING LOSS, PAIN ETC ETC.





**MOBILITY IMPAIRMENT:** Impairment in mobility affects 14% of those between 65 and 74, and half of those over 85.



LOSS OF MOBILITY IS COMMON IN ELDERLY AND HAS SERIOUS "SOCIAL, PSYCHOLOGICAL, AND PHYSICAL CONSEQUENCES.



# PREVENTIVE MEASURES

HOW TO EAT RIGHT TO STAY  
HEALTHY

# MY HEALTHY PLATE



# GET A BALANCED DIET. INCLUDE THE RIGHT AMOUNT OF FOOD FROM THE DIFFERENT FOOD GROUPS IN YOUR DAILY MEALS

- Fill half of your plate with **fruit and vegetables.**
- Fill a quarter of your plate with **whole grains.**
- Fill a quarter of your plate with **meat, lentils and others.**

# PROTEIN RICH FOOD

Meat, Poultry, Eggs, Fish

Lentils, Tofu, Paneer





# CALCIUM RICH FOODS

- Dairy & Dairy Products
- Milk
- Cheese
- Yogurt
- Tofu
- Juices and Cereals



# CALCIUM RICH FOODS

- Green veggies- Broccoli, Kale, Bok Choy,
- Spinach, Collard Greens, Mustard Green
- Nuts- Almonds
- Seeds- Chia, Sesame, Poppy Seeds
- Beans & Legumes



# VITAMIN D

- It is essential for the absorption of calcium and maintenance of immune system.
- Vitamin D can be obtained from sunlight (20 minutes a day)
- Fortified Milk, Juice and Certain Cereals (i.e. Fiber One)
- Mushrooms, Soybean, Green leafy, Dairy products
- Seafood - Fish & Fatty fish



# FIBER RICH FOODS

- Whole Grains
- Oats
- Quinoa
- Brown Rice
- Fruits & Vegetables
- Legumes- Beans, Lentils, Peas
- Whole Wheat Bread

# SALT INTAKE



- Lighten up on your **salt intake**
- Do not keep salt shaker on dining table
- Season your food naturally with herbs & spices.
- Go for low salt options when eating out or shopping.

# HEALTHY FATS

- Avocados
- Unsalted nuts such as Almonds, Cashews, Peanuts, etc.
- Peanut Butter
- Olives
- Cooking oils made from plants/seeds
  - Canola, Soybean (Frying)
  - Sesame, Olive (Cooking)
  - Avocado Oil





"Better together,"



**Samosa :**  
**Serving Size: 1**  
**Kcals: 215**  
**Carbohydrate:**  
**20 gms**  
**Fats: 14.5 gms**  
**Protein: 2.8 gms**

# COOKING OIL

Which oil should I use in cooking????

# COOKING OIL

<b>▪ Cooking Oil</b>	<b>Smoke Point °F</b>
<b>▪ Corn Oil Refined</b>	<b>400-450 °F</b>
<b>▪ Extra Virgin Olive Oil</b>	<b>350-430 °F</b>
<b>▪ Regular Olive Oil</b>	<b>390-470 °F</b>
<b>▪ Canola Oil Refined</b>	<b>375-475 °F</b>
<b>▪ Coconut Oil</b>	<b>350 °F (high in saturated fats)</b>
<b>▪ Avocado Oil Refined</b>	<b>520-570°F</b>

# CARBOHYDRATES

## DO NOT DEPRIVE YOUR BRAIN OF CARBS! IT NEEDS THEM

- Complex carbohydrates help feel satisfied and full for longer hours
- Complex carbohydrates are power packed with many nutrients and are rich in fiber, vits, minerals and antioxidants
- Complex Carbs are:
  - Barley
  - Oats
  - Quinoa
  - Bulgur Wheat



# HYDRATION



## Physical Health

- With aging there is a reduced sense of thirst
- Hydration helps regulate body temperature, lubricates joints, prevents infections and delivers nutrients to the cells

# HYDRATION



## Mental Health

- Hydration can improve mood and reduce fatigue
- Hydration helps with cognitive performance and prevent mental confusion
- Dehydration symptoms in seniors can mimic signs of dementia



# SIGNS OF DEHYDRATION

- Tiredness/Fatigue: blood volume decreases, forcing your heart to work harder to fuel your muscles and brain.
- Headaches & Dizziness: happen due to lack of fluids which may cause throbbing pain.
- Low BP: causes dizziness because of dropping blood pressure, reducing the supply of oxygen to the brain.
- THIS IS AN INDICATION TO DRINK FLUIDS.

# DEHYDRATION

- UTI- Urinary Tract Infection
- Pain or burning sensation while urinating
- Increased frequency or urgency or loss of bladder control
- Loss of appetite, nausea, fatigue, confusion, dizziness etc
- Urine is cloudy and color of urine changes and may have a strong odor

# FLUID INTAKE

- What should be the daily fluid intake?
- Men: 1800-2000 ml/day (1.8-2 litres/day)
- Women: 1500-1800 ml/day (1.5-1.8 litres/day)

# **MEDICAL CONDITIONS-DIABETES, HEART DISEASE & KIDNEY DISEASE**

- **For individuals with Diabetes:-** Focus on Complex Carbohydrates, high protein and healthy fats and exercise
- **For individuals with Heart conditions:** Reduce saturated fats ( Butter, Coconut) in diet and increase intake of fiber rich foods
- **For Individuals with Kidney disease:** Limit intake of high sodium, high potassium and phosphorus foods

# REGISTERED DIETITIAN

- Why meet with a Registered Dietitian (RD)?
- Personalized Guidance to maintain health
- Individualized nutrition plan
- Help manage chronic disease with food & nutrition
- Consult with a Registered Dietitian

# CONTACT INFORMATION

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