WELCOME TO ALL

SEMINAR ON –

THEME

AGEING AND HEALTH
NUTRITION FOR ELDERLY

PRESENTED BY:-

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INTRODUCTION

• Eating the right type of food is important for healthy lifestyle. Generally we select foods that we like in our daily meals. We do not think of the nutrients or their health benefits. WHO has outlined nutritional requirements for older persons.
Recommended Nutritional Intakes For Older Persons (who 2002)

- **Energy**: 1.4-1.8 multiples of the basal metabolic rate (BMR) to maintain body weight at different levels of physical activity.
- **Protein**: 0.9-1.1g/kg per day.
- **Fat**: 30 en% in sedentary older persons and 35en% for active older persons.
Saturated fats should not exceed 8% of energy.

- Calcium: 800-1200mg/day.
- Iron: 10mg/day.
- Riboflavin: 1.3mg for men and 1.1mg for women.
To be cont :-

- Folate : 400ug/day.
- Vitamin B12 : -2.5ug/day.
- Vitamin C : 60-100mg/day.
- Vitamin A : 600-700ug retinol equivalents/day
- Vitamin D : 10-15ug/day.
DIETARY GUIDELINES FOR DIET RELATED CHRONIC DISORDERS
OBESITY
OBESITY

Obesity is basically accumulation of excess body fat leading to increase in body weight.

• Decrease the amount of cereal foods eaten e.g. rice, chapatti, bread etc.
To be cont :-

• Reduce intake of fatty foods e.g. ghee, butter, oils, fried foods. Substitute skimmed milk for whole milk.

• Avoid foods with excess sugar e.g. chocolates, sweets, mithai, carbonated beverages, jam, jellies etc.
To be cont :-

- Include more fiber rich fruits and vegetables in the diet. Eat plenty of green leafy vegetables, carrots, raddish, beans etc.
- Do some physical activity. Walking is an excellent exercise.
HYPERTENSION AND HEART DISEASE
Hypertension & Heart Disease

Hypertension or high blood pressure as well as most heart diseases occur due to excessive deposition of fat in arteries.

• Restrict the intake of fats, particularly saturated fats like ghee, butter and milk fat.
Vegetable oils like corn oil, sunflower oil, soyabean oil etc. may be used for cooking food. The traditional practice of using a combination of 2-3 oils in food preparation provides the ideal mix of fatty acids.
To be cont :-

- Eggs and red meats should be avoided. They are rich in saturated fats and cholesterol. If desired, only the egg white may be eaten.
Fish and chicken are other suitable alternatives.
To be cont :-

- Include fat-free /low-fat dairy foods and/or other calcium/vitamin D rich sources.
- Eat plenty of vegetables and fruits. These are rich in vitamins, minerals, phytochemicals and antioxidants.
To be cont :-

• Include fiber rich foods, particularly pulses, legumes, oats which are rich in soluble fiber. These help to lower blood lipid levels.

• Alcohol should be restricted or completely avoided.
DIABETES MELLITUS

Diabetes mellitus lead to an increase in blood sugar level. This disease is due to a deficiency of insulin in the body.

- Sweet food like sugar, jaggery, chocolates, mithai etc. should be completely avoided.
- Restrict the use of starchy fruits and vegetables like banana, mango, cheeku, potato, sweet potato, arbi etc.
OSTEOPOROSIS
osteoporosis

• Calcium and vitamin D protect against osteoporosis. High calcium intake during the early years contributes to greater peak bone mass. During the later years calcium together with vitamin D reduces the rate of bone loss. There is increasing evidence that phytoestrogens
To be cont :-

- From soy and some other plant sources may account for better bone health. Physical activity including strength training will help to conserve bone mass.
• “A mind is a terrible thing to waste and A waist is a terrible thing to mind”