

Welcome to the Kratin Senior-Connect

Designed for individuals aged 65 and above

Transforming Healthcare Experience We partner with healthcare companies at strategic level to assist them in bridging the gap between hospitals, patients and physicians with cutting edge technologies.

Our Offerings TruliaCare Suite Ready to use solution providing "Truly caring integrated experience" across continuum UHX Platform Rapid cost effective building blocks for delivering unified care experience Innovation Lab Extended IT team for cutting edge technology solutions meeting your specific needs

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Kratin Senior-Connect



Welcome to the Dashboard

Welcome, kratin@kratin.com! Logout Add Medicine Health Report Doctor Appointments Health Tips Health Game Alerts

Add New Medicine



Health Report

Meters Walked Today

500

Water Intake for Today (liters)

6

Steps Done for Today

360

Yoga Done for Today (minutes)

45

Generate Report

Add Appointment

Doctor Name	
Dr Pnadey	
Doctor Address	
Aundh , Pune	
Appointment Date	
02/30/2023	
Doctor Location	
Office I	
Appointment Time	
06:15 PM 🕓	
Add Appointment	
Dr. Salukhe Hinjwadi, Pune 2023-06-13	octor Location Appointment Time ffice II 16:30
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The 8 Best Superfoods for Seniors

What foods are considered superfoods? There are many—but here are some superfood rockstars known to contribute to healthy aging.

1. Dark leafy greens

Dark-colored leafy greens like kale and spinach are rich in carotenoids, which have been shown to protect the eyes against oxidative damage. Spinach is also loaded with vitamins A and C, which help protect the heart and moderate blood pressure levels. Vitamin K is another leafy-green nutrient, found to play a major role in preventing osteoporosis. Leafy greens are delicious in a salad, in a sandwich, or sautéed with a splash of healthy oil.

Spinach, kale, collard greens, broccoli, and other leafy greens can make medications to prevent blood clots less effective. Green leafy veggies are rich in vitamin K, which interacts with the common blood-thinning drug warfarin (brand name Coumadin). Please speak with your doctor before adding more leafy greens to your diet.

2. Cruciferous vegetables

This veggie family includes broccoli, cabbage, Brussels sprouts, and turnips—all of which are great sources of fiber, vitamins, and cancer-preventing phytochemicals. Cruciferous vegetables are tasty and extremely versatile. Toss them in soups, pasta dishes, and casseroles; steam them; or stir-fry them with seasoning and some olive oil.

3. Blueberries

In an interview with U.S. News & World Report, Reema Kanda, a registered dietitian nutritionist with the Hoag Orthopedic Institute in Irvine, California, says studies show that blueberries have positive neurocognitive effects in both animals and humans. As a result, Kanda says, they may help delay age-related cognitive decline.

Blueberries are also rich in antioxidants, compounds that help protect our cells against freeradical damage and reduce the risk for heart disease and cancer. These flavorful, versatile berries can be added to smoothies and desserts, sprinkled over cereal, and of course, eaten all by themselves!

4. Nuts and seeds

From almonds and pecans to hazelnuts and pistachios, nuts are packed with antioxidants, fiber, and plant protein. They also contain monounsaturated fats, which are thought to help lower heart disease risk. As long as the older adult you care for has no known allergies, nuts

Health Game

Game Over

Your score: 1

Play Again

Question Answer

What is the recommended daily water intake for seniors?

2 liters Yoga

Which exercise is beneficial for improving balance in seniors?

What is the recommended daily serving of fruits and vegetables for seniors? 5 servings

Medication Alert

