


**This program is designed for educational purposes only and is not a substitute for professional care. The information provided should not be used for diagnosing or treatment of a medical problem.**

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# **NUTRITION AND MEAL PREPARATION**

# NUTRITION AND MEAL PREPARATION



Good nutrition is important at every stage of life, from infancy through late adulthood.

The basics of a balanced diet remain the same but individual nutritional needs change as you grow older.

# CHARACTERISTICS OF DIET FOR OLDER ADULTS

- **Older adults absorb fewer nutrients** from foods they eat; the ability to digest fats decreases with age.
- **Older adults need fewer calories to maintain body weight.**  
The daily number of total calories for people over 70 should be between 1200 and 1600. Calorie needs decline by 25% for people over 70, yet protein needs remain constant or increase.
- **Foods that provide the best diet for older people** are whole grains and cereals, bright or deeply colored vegetables and fruits , beans and nuts, low fat dairy products, lean meat, fish , poultry and eggs.
- **Older people may not eat well** because of dementia, illness, isolation or the inability to shop and prepare foods.



# MEAL PLANNING

- **Prepare the kinds of foods your client prefers**, rather than the foods you prefer.
- It has been shown that people feel more relaxed and heal faster from illness when they are provided with the foods they are used to.
- **Plan meals for a one-week period.**
- When developing menus, pay attention to the total number of calories in the meal and its nutritional value.
- When planning meals, a simple book that lists the calories, proteins, carbohydrates, fat and sodium for different foods can be helpful.





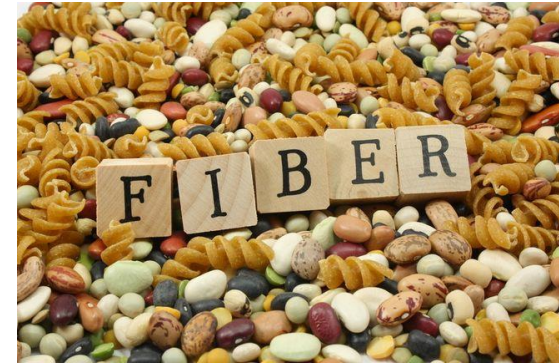
# SMART SHOPPING

- Purchase as many fresh, unprocessed items as possible.
- Choose **fresh** fruits and vegetables that are in season to add variety and keep costs down.
- Use canned, frozen and packaged foods as a backup.
- Before you purchase products, check their expiration dates and choose items with the longest time before expiration.
- Avoid dented cans or damaged packaging.
- Unit pricing, which is often found below the product on the grocery shelf, gives the cost of items in ounces or pounds. It makes it easier to compare the cost of various products.



# HIGH-FIBER DIET

- The fiber in fruits, vegetables and whole grains promotes good health and elimination.
- Fresh fruits and vegetables provide **2-8** grams of fiber per 1 cup serving.
- A high fiber diet includes **20-35** grams of fiber daily.
- Use breads labeled "whole wheat" or "cracked wheat".
- Be aware that breads labeled simply "wheat" or "enriched wheat" may not contain the whole grain and are far less healthy.



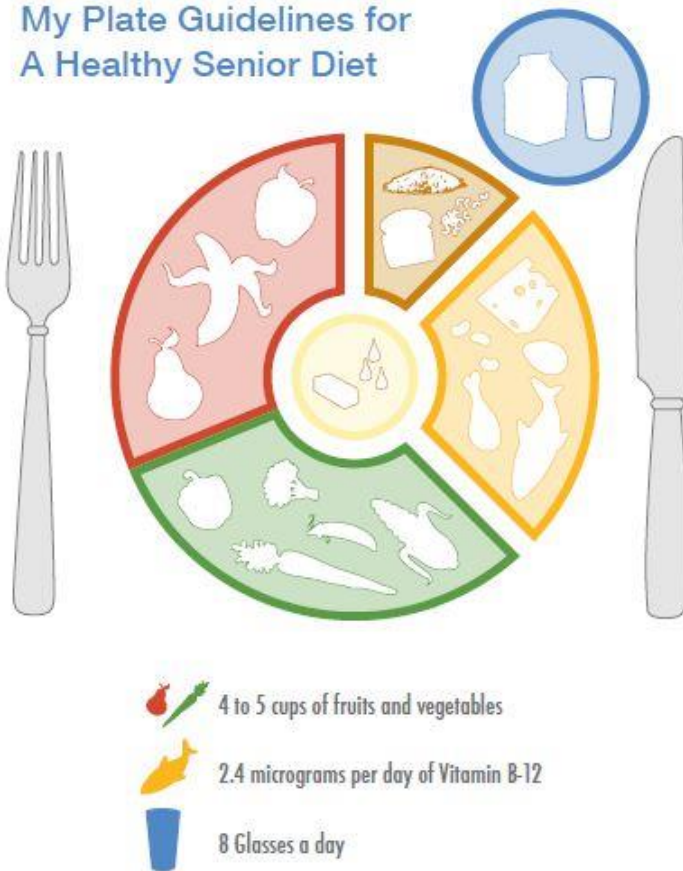
## BEST FIBER FOODS

FRUITS	VEGETABLES	BEANS & PEAS	GRAIN	NUTS & SEEDS
APPLES	AVOCADO	BLACK BEANS	BROWN RICE	ALMOND
BANANAS	BEETS	BLACK EYED PEAS	BUCHWHEATS GOATS	BRASIL NUTS
BLACKBERRIES	BROCCOLI	GARBARUZO BEANS	MILLETS	CHIA SEEDS
BLUEBERRIES	CARROTS	GREAN BEANS	OATS	FLAX SEEDS
GUAVA	CORN	GREAN PEAS	PEARL BARLEY	HAZELNUTS
KIWIS	GREEN CABBAGE	LENTILS	QUINOA	PEANUTS
MNAGOES	KALE	LIMA BEANS	RYE FLAKES	PECANS
ORANGES	ROMAINE LETTUCE	NAVY BEANS	WHEAT	PUMPKINS SEEDS
PAPAYA	SPINACH	PEAS	WHOLE GRANE CORNMEAL	SUNFLOWER SEEDS
PEACHES	SWEET POTATOE	PINTO BEANS	WILD RICE	WALNUTS
PEARS	TOMATOES			
RASBERRIES	ZUCCHINI			
STRAWBERRIES				



# COMMON SERVING SIZES

My Plate Guidelines for  
A Healthy Senior Diet



- A low fat, heart-healthy diet means eating no more than 40-60 grams of fat a day.
- 40 grams for women and 60 grams for men.
- Any single food item that contains **30** or more grams of carbohydrate should be **avoided** in order to keep within the allowed per meal total.
- Soda pop and table syrup are high in carbohydrates and should be **avoided**.

# LOW SODIUM DIET



- A low sodium diet consists of 2000-3000 mg of sodium daily.
- One teaspoon of salt contains **2300 mg** of sodium. Each meal should contain about 1000 mg sodium.
- Fresh fruits, vegetables and meats are naturally low in sodium.
- To restrict sodium in the diet, limit canned foods, soy sauce and restaurant food.
- Use lemon juice , spices and herbs instead of salt.
- A low fat, heart-healthy diet means eating no more than **40-60** grams of fat a day.
- 40 grams for women and 60 grams for men.



# LOW FAT, HEART-HEALTHY DIET

**Saturated fats** contained in cream, whole milk, butter, cheese , ice cream and fatty red meats should be limited. They are associated with higher risk of heart attack and stroke. No more than 15-17 grams of saturated fat should be included daily.

**Trans fat** is a man-made fat found in margarine, fast foods and commercial baked goods. It is considered unhealthy and should be avoided.

- A low fat, heart-healthy diet means eating no more than 40-60 grams of fat a day, 40 grams for women and 60 grams for men. Saturated fats and trans fat have to be avoided. Saturated fats should be limited due to **higher risk of heart attack and stroke.**

(cream, whole milk, butter, cheese , ice cream and fatty red meats)

- No more than **15-17 grams of saturated fat** should be included daily.

## Foods High in Trans Fats



French fries



Cheeseburger



Pies



Chicken nuggets



Vanaspati ghee



Donuts

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# LOW FAT, HEART-HEALTHY DIET

Monounsaturated and polyunsaturated fats are healthier fat choices.

**Busting the Myths about Fats**  
**Monounsaturated Fat**  
Dark, flavorful oils from plant products. *the good guys*

**myth:** all fats are the same  
**BUSTED:** Most consider monounsaturated fatty acid (MUFA) the healthiest type of fat. Research shows that a high MUFA diet (35-40% of calories from mostly MUFA) can lower the risk of heart disease.

**myth:** all fats are bad for you  
**BUSTED:** Enjoy foods like nuts, olives, avocados and peanut butter because a high-mono, heart-healthy diet may achieve better results than a low-fat diet.

**myth:** fats raise cholesterol levels  
**BUSTED:** Monounsaturated fatty acids lower bad cholesterol, lower triglycerides (circulating fat in the blood) and maintain good cholesterol.

**myth:** all cooking oil is the same  
**BUSTED:** MFAs such as olive, canola, sesame and peanut oils are the best choice for cooking. They have a high smoke point which helps them stand up to high heat without burning.

**TRY SOME OLIVES**  
**SPREAD ON PEANUT BUTTER**  
**SNACK ON ALMONDS**  
**EAT MORE AVOCADOS**  
**COOK WITH CANOLA OIL**

Monounsaturated fats originated mostly in the Mediterranean and trace back to ancient times.

**Busting the Myths about Fats**  
**Polyunsaturated Fat**  
Light oils from plant products and fish. *the not-so-bad guys*

**myth:** all fats raise cholesterol levels  
**BUSTED:** Polyunsaturated fatty acid (PUFA) lowers cholesterol levels — both good (HDL) and bad (LDL). Low HDL levels weaken your immune system making you susceptible to infections and at risk for certain cancers.

**myth:** you should cut all fat from your diet  
**BUSTED:** Foods with Omega-3s are essential to health and may decrease risk of heart disease and protect against high blood pressure. Choose PUFA foods more often than PUFA oils.

**myth:** all fats are created equal  
**BUSTED:** PUFAs in the form of Omega-3 fatty acids found in salmon, sardines, mackerel, canola oil, walnuts and flax help counter the negative inflammatory effects of Omega-6s.

**myth:** all oils are the same  
**BUSTED:** PUFA oils such as corn, soybean, cottonseed, sunflower and safflower seed are relatively new food products and contain Omega-6 fatty acids that may promote harmful cell inflammation.

**SNACK ON SEEDS**  
**EAT FISH TWICE A WEEK**  
**TRY NUTS, especially almonds**  
**SOOCH TO ADD GROUND FLAXSEED TO**  
**USE OMEGA-6 OILS SPARINGLY**

Polyunsaturated fats as oils have not been around for the last 100,000 years or so.

Monounsaturated fat is found in olive oil, canola oil, sesame oil, peanut oil and in foods such as nuts and avocados.

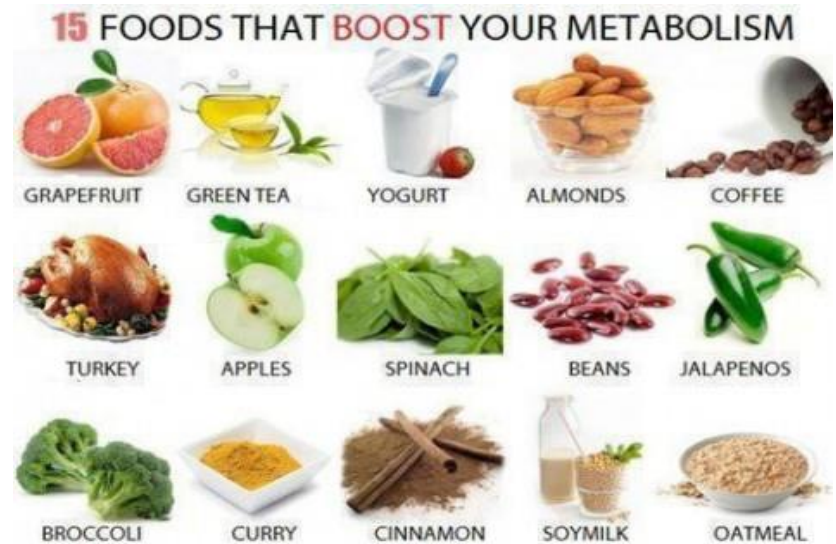
Polyunsaturated fat can be found in grains, spinach, walnuts, fish and seafood. Omega-3 fatty acids found in fish can lower LDL cholesterol and lower risk of heart attack.



# LOW FAT, HEART-HEALTHY DIET

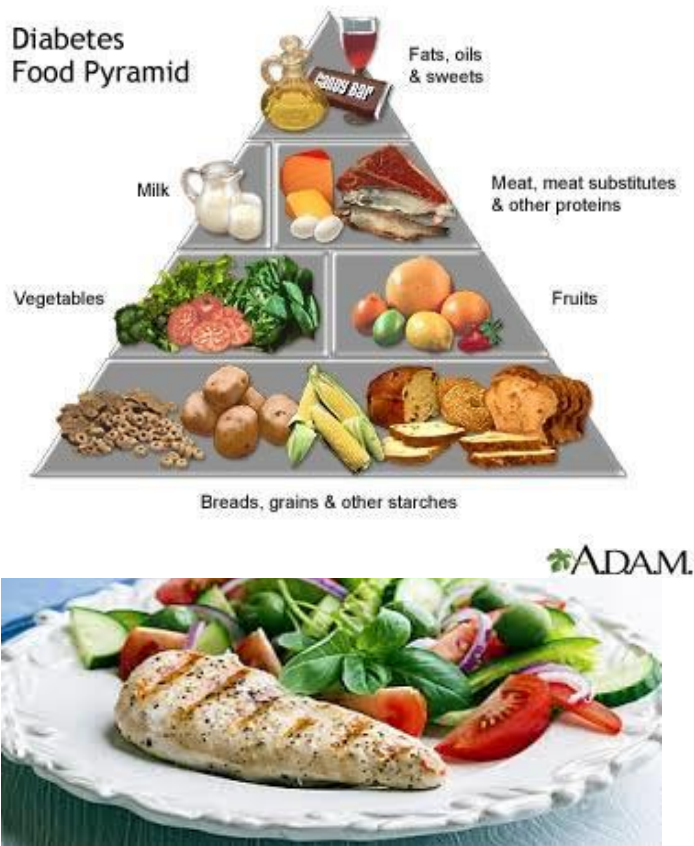
## To decrease fat in the diet:

- Use low-fat or non-fat milk for drinking and cooking
- Bake food instead of frying
- Trim fat from meat before cooking
- Add less fat or oil to food
- Eat less processed foods
- Limit restaurant eating to 1-2 times per week





# PLANNING MEALS FOR A DIABETIC PERSON



- When planning meals for a diabetic person, check the **total carbohydrates** on the label, not just the sugar content. The sugar content is contained within the carbohydrate total.
- Diabetics should eat approximately **50 grams of carbohydrate per meal**, for a daily total of **150-200 grams**.
- Any single food item that contains 30 or more grams of carbohydrate should be **avoided** in order to keep within the allowed per meal total.
- Soda pop and table syrup are **high in carbohydrates** and should be **avoided**.

# BREAKFAST MENU FOR DIABETICS

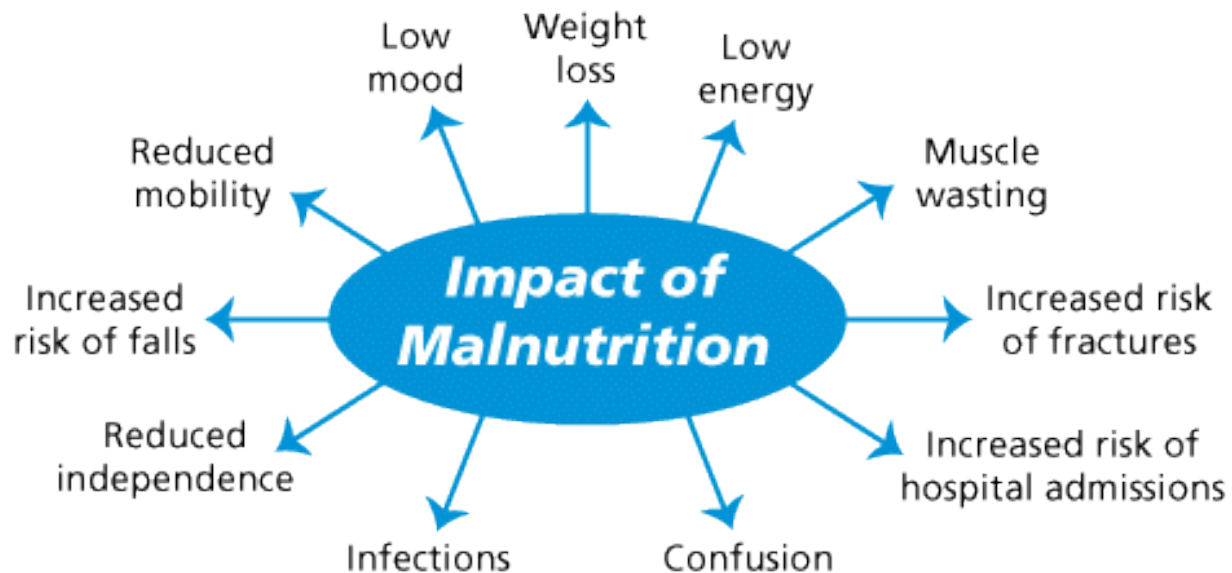
Here is an example of a breakfast menu for diabetics that contains 360 calories and 52 .5 grams of carbohydrates:

- 1 slice toasted whole wheat bread with 1 tsp. margarine
- 1/4 cup cottage cheese or egg substitute
- 1/2 cup oatmeal
- 1/2 cup skim milk
- 1 small banana



# RISK OF MALNUTRITION

Older adults have a higher risk of malnutrition than the rest of the population. Malnutrition weakens the immune system, increasing the risk of pneumonia and other serious infections. It can also contribute to mental confusion.



# WARNING SIGNS OF MALNUTRITION

## Warning signs of malnutrition include:

- An illness that affects the type or amount of food eaten
- Eating less than 2 meals per day
- Not eating a balanced diet
- Drinking three or more alcoholic beverages daily
- Tooth or mouth problems that make it hard to eat
- Eating alone most of the time
- Unintentional weight gain or loss of 10 or more pounds in the past 6 months
- Inability to shop , cook or feed oneself
- Change in the appearance of the skin or sores on the skin.



# FOOD HANDLING

It's important to follow established safety procedures when handling food. Always be cautious about food poisoning.

**Food poisoning** can occur if foods are not handled, stored or cooked properly. Food poisoning can be life threatening , especially for children, older adults and those who are ill.





# FOOD HANDLING

## Four core practices in food handling:

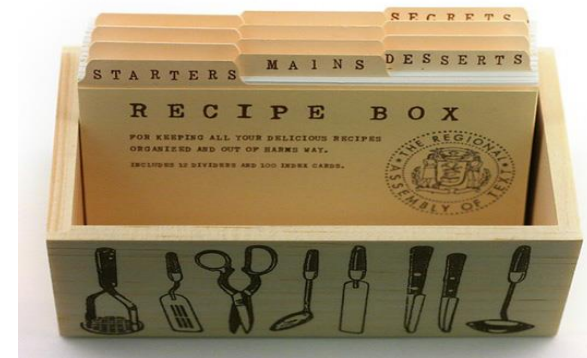
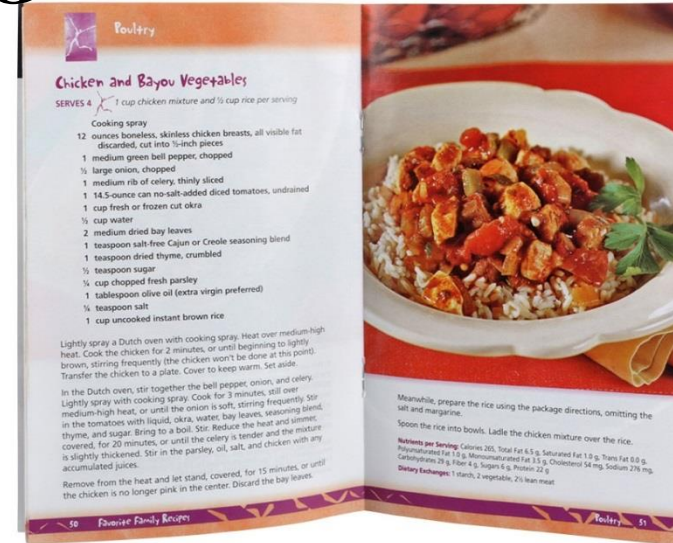
- Cleanliness
- Don't cross contaminate
- Proper preparation and cooking
- Proper refrigeration



# FOOD HANDLING

**Recipes** make it easier to cook dishes because they include:

- The number of servings the recipe will make
- The time needed to cook the dish
- A list of ingredients needed
- Step by step directions for preparing the dish



# MICROWAVE COOKWARE



**Microwave cookware** is generally made from glass , ceramic or plastic. Use only cookware with microwave-safe labels. Never use metal in the microwave. It will conduct electrical sparks or currents and can damage or ruin the microwave oven.

# COOKING

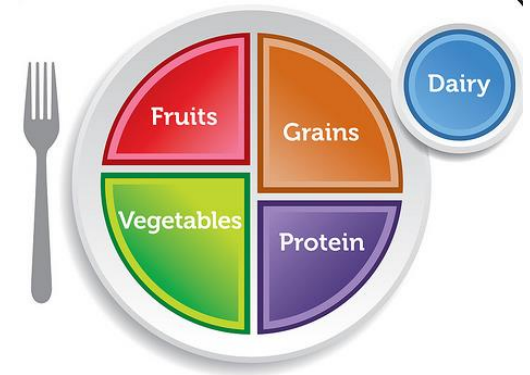
**When you use the stove, follow these safety measures** to prevent injuries or fires.

- Use potholders when picking up or moving a pot or pan.
- Keep your sleeves short or rolled up so that they are well out of the way of the burners.
- Turn pot handles toward the back of stove to keep them out of your way as you cook.
- Make sure that you turn burners and oven off as soon as you have finished cooking.





When **filling the plate**, imagine that it is divided into quarters. Use one quarter for meat or other types of protein and one quarter for carbohydrates such as pasta, cereal, rice, potatoes or corn. The rest of the plate should be filled with vegetables, salad or fruit.



### HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

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**The kitchen should be cleaned after each meal. Keeping the kitchen clean helps reduce the spread of germs.**



THE END