







# Active Ageing

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## Lesson 7

### Nutrition and Hydration



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## Learning Outcomes

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- At the end of this lesson you will be able to:
- Understand the impact that nutrition can have on exercise capacity and safety.
- Determine the common nutrition deficiencies associated with this age group.
- Communicate the importance of adequate hydration within exercise sessions.



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## Dietary Needs

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- According to a study completed by the National Library of Medicine (ncbi) in the US dietary needs change as we age:
- People become less active.
- Metabolism slows down.



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### Dietary Needs

- Energy requirement decreases.
- Ability to absorb and utilise many nutrients become less efficient – nutrient requirements increase.
- Chronic conditions and medications affect nutrition requirements – some medications are nutrient wasting especially for the B vitamins.

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### Modified Food Pyramid

Key modifications – Placement of water at the bottom of pyramid and placement of flag at the top indicating the need for calcium, vitamin D and Vitamin B12 because many older adults do not get enough of these nutrients

FIGURE 6-1 The original Food Guide Pyramid and the modified Food Guide Pyramid for adults more than 70 years of age  
SOURCE: Russell et al., 1992

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### Factors that influence Eating Habits

- Physiological changes caused by ageing/disease.
- Medicines that affect taste/smell
- Disability – persons ability to eat unaided.
- Poor teeth
- Lack of exercise
- Dementia and depression

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### The Impact of Proper Nutrition

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- Healthy eating – impact on quality of life as we age.
- For overweight individuals losing weight decreases the risk of a host of diseases – diabetes, hypertension, heart disease and Alzheimer's disease.

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### The Impact of Proper Nutrition

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- As BMI increases the chance of hospitalisation and death increases after the age of 65.
- Metabolic syndrome(combination of diabetes, high blood pressure and obesity) leads to heart attack and stroke – those with metabolic syndrome increased their risk of dementia compared to those without! (American Diabetes Association)

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### Healthy Nutrition

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- Regular meals- keep metabolism high
- Helps retain healthy body weight
- Adequate intake of vitamin D and Calcium for healthy bones.

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**Healthy Nutrition**

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- Intake of vegetables is significant in reducing cancer risk(American Journal of Clinical Nutrition)
- Plant sterols(nuts and seeds) can reduce cholesterol(IDEA 2012)



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**Foods to Support Memory**

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- According to the Academy of Nutrition and Dietetics diet plays a role in brain health-
- Eat your veggies – Vegetables especially cruciferous ones like broccoli, cabbage and dark leafy greens may help improve memory.



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**Foods to Support Memory**

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- Berries and Cherries- Berries, especially dark ones like blackberries, blueberries and cherries are a rich source of anthocyanins and other flavonoids that may support memory function. The same benefits can be gained from fresh, frozen or dried berries.



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**Foods to Support Memory**

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- Omega-3 fatty acids- seafood including salmon, bluefin tuna, sardines and herring are good sources.
- Walnuts – well known for a positive impact on heart health, they may also improve cognitive function.



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**Foods to Support Memory**

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- “While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health”.

• Mirna Moore, MBA, RD, LD, is an Atlanta-based registered dietitian/nutritionist



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**Eat to Boost Immune System**

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- According to the American Academy of Nutrition and Dietetics-
- Include foods rich in the following nutrients to strengthen immune system:
- Protein- seafood, lean meat, poultry, eggs, beans, peas.



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**Eat to Boost Immune System**



- Vitamin A – sweet potato, carrots, broccoli, spinach.
- Vitamin C- citrus foods, strawberries, certain cereals.
- Vitamin E – almonds, hazelnuts, peanut butter.
- Zinc- lean meat, poultry, milk, wholegrains, beans.

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**Nutrition and Medication**



- According to the National Resource Centre on Nutrition, Physical Activity and Ageing 1 in 4 older Americans has poor nutrition.
- For clients with diabetes, high blood pressure or high cholesterol some older adults may be advised to eat foods high in nutrients but low in excess calories, processed sugars and saturated and trans fats and sometimes sodium.

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**Nutrition and Medication**



- Warfarin – client may be advised to avoid grapefruit which decreases the body's ability to metabolise the drug. Maintain a steady level of Vitamin K – spinach, kale or other leafy greens (check with doctor regarding effects of medication on diet)

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**Hydration**

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- Water-
- Aids digestion
- Helps transport nutrients and waste
- Helps regulate body temperature

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**Hydration**

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- Prevents fatigue
- Can be found in other beverages
- And now for a short quiz to test your knowledge on topic 3....

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Quiz

Click the Quiz button to edit this object

Welcome to the quiz on Topic 3 -psychological, social, nutrition and hydration considerations for the older adult

Click the "Start Quiz" button to proceed

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