

Healthy Eating, Healthy Ageing

Dr Adrienne Young

Advanced Accredited Practicing Dietitian

University of Queensland

Royal Brisbane and Women's Hospital

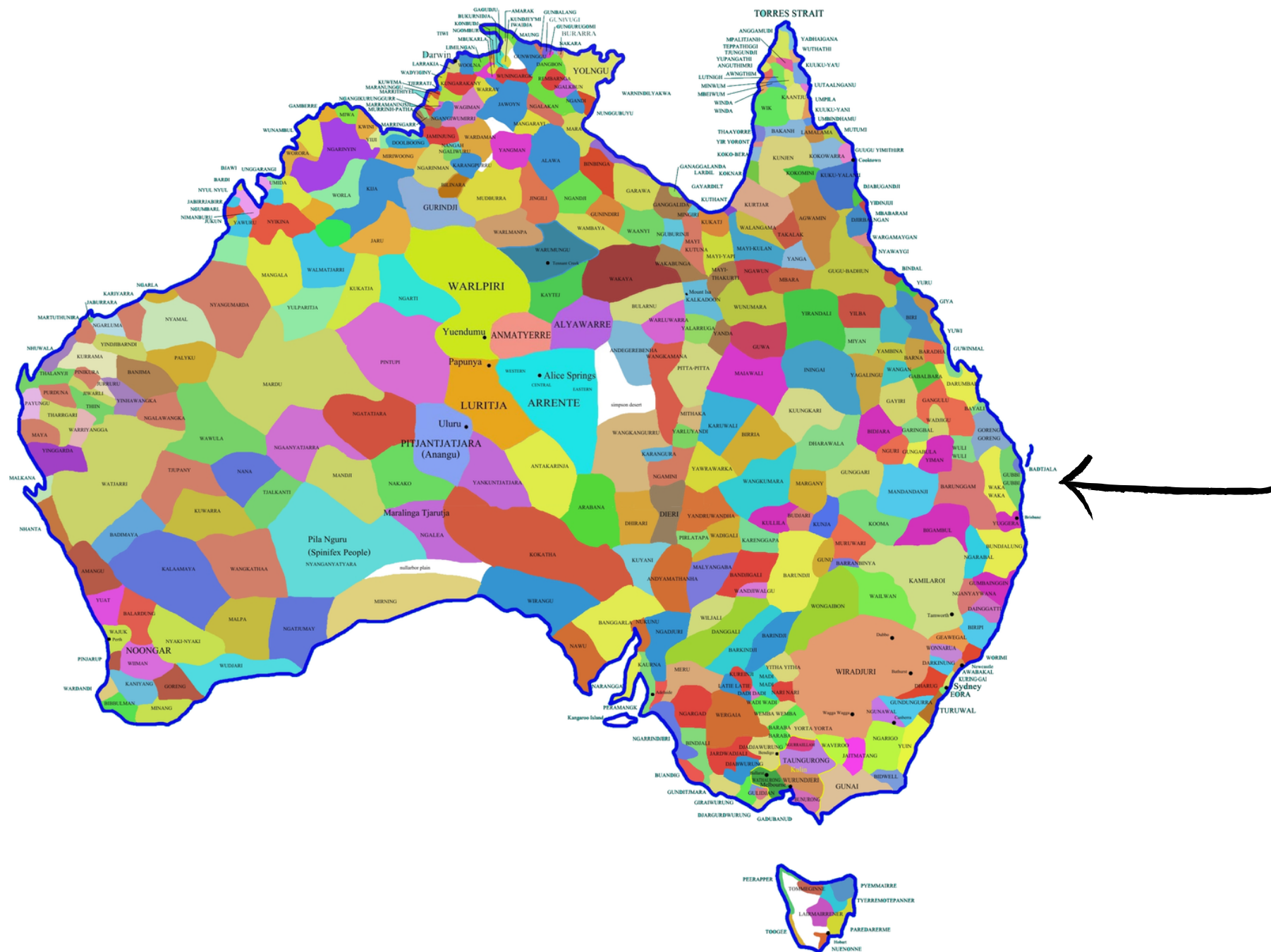


Land Acknowledgement

I am grateful to be a visitor
to these traditional territories of the Haudenosaunee
Confederacy and the Anishinabek Nation



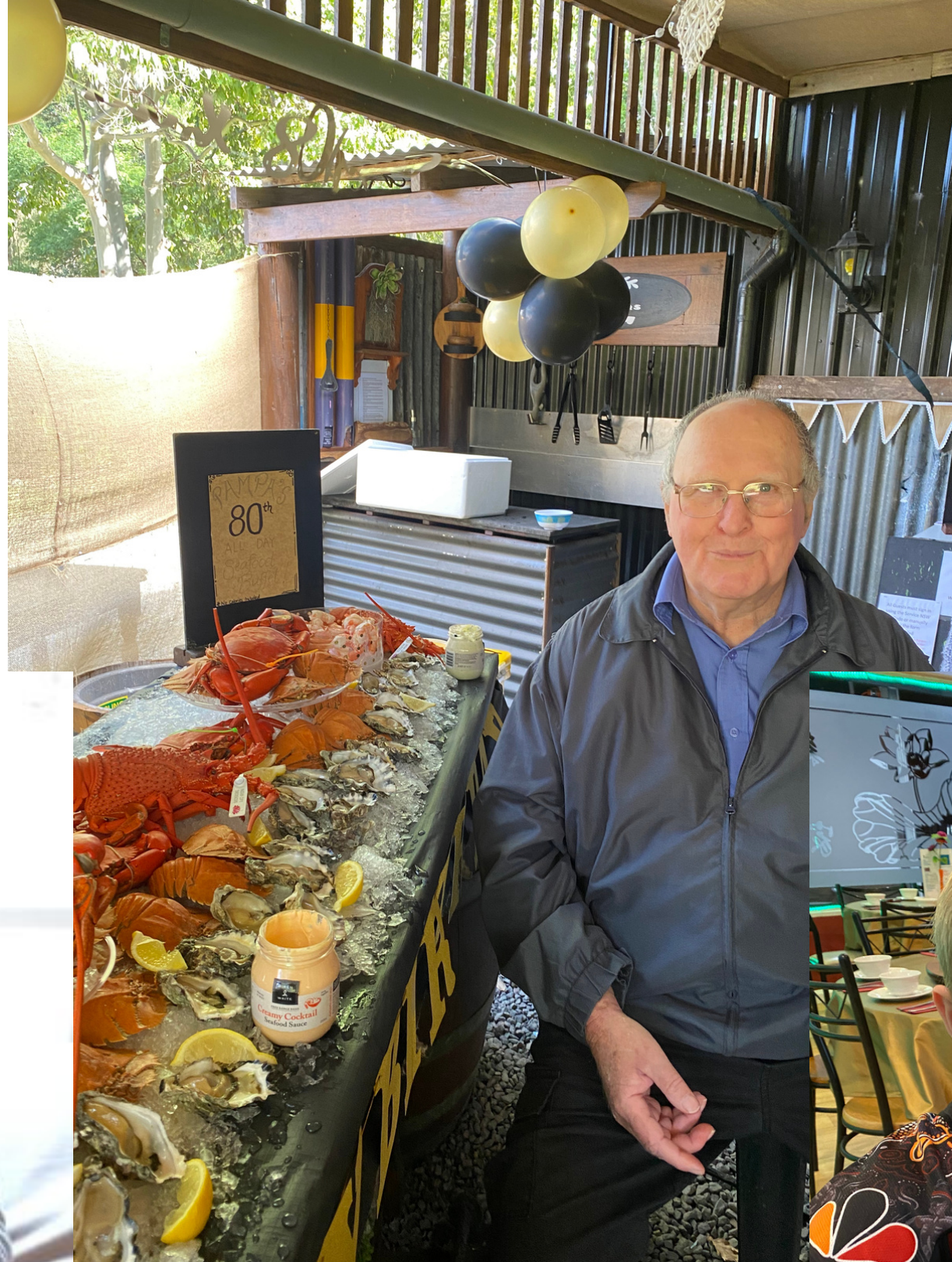
Acknowledgement of Country



Declarations

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I have no other conflicts of interest or
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Healthy eating as we age

- Preventing frailty and disease
- Maintaining muscle health and function
- Managing nutrition risk and malnutrition
- Eating when we are sick





Good nutrition is important at any age for optimal function, preventing illness and disease.

As we age, nutrition can prevent and slow progression of frailty.

Key features of a healthy diet



Fruits and
vegetables in
season



Nuts and legumes



Varied protein
sources



Plant oils



Eating with
others

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**



- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others



Protein

The essential building blocks of life

Required for

- muscle health
- heart and lung muscles
- brain function
- structure of cells
- antibodies to fight infections
- transport oxygen and hormones in the blood
- enzymes for digestion and blood clotting
- keeping your fluid in balance
- source of energy



Protein

How much do we need as we age?

Body has a lower capacity to build proteins
Need more protein than younger people!

At least 1g for every 1 kg body weight
(At least 1g for every 2 lb body weight)

Ideal = 1.2 - 1.5g /kg

e.g. 80 kg (160 lb) minimum 8 x 10g serves of protein
ideal 10-12 x 10g serves of protein

Protein foods



AVOID FRAILTY

ACTIVITY



VACCINATE



OPTIMIZE MEDS



INTERACT



DIET & NUTRITION



TAKE CONTROL

Nutrition risk

Not getting enough nutrition



1 in 3 older Canadians are at nutrition risk

Increases risk of:

- frailty
- fatigue
- falls
- infections
- poor recovery after surgery
- hospitalisation

SCREEN II

Answer these 8 questions to assess your nutrition risk



Weight
change



Reduced
appetite



Fruit and
vegetables



Problems
swallowing



Skipping
meals



Fluid
intake



Eating along



Preparing
meals

Has your weight changed in the past 6 months?



The problem with weight loss

- loss of muscle
- sign of malnutrition
- sign of disease
- increases frailty

The problem with weight gain

- sign of disease (fluid)
- stress on the body

What can you do?

- Maintain a stable weight
- Forget about weight loss diets!
- Talk to your doctor if you are losing weight

Do you skip meals?



We have the same or increased nutrient requirements in older age

Skipping meals can lead to

- muscle loss
- malnutrition

What you can do:

- Regular meals and snacks
- Nutritious drinks
- Ready made meals
- Cooking in bulk
- Routines, reminders
- Nutrition supplements (e.g. Ensure)

How would you describe your appetite?



Reduction in appetite with ageing is common and normal

- hormone changes
- reduced activity
- reduced calorie requirements

What you can do

- Small regular meals (6x day)
- Nutritious drinks
- Add extra calories
- Swap out low calorie foods and drinks
- Nutrition supplements (e.g. Ensure)
- Talk to doctor and pharmacist

Do you cough, choke or have pain when swallowing food OR fluids?



Many nerves and muscles involved in chewing and swallowing

Problems with swallowing

- sign of disease
- reduced intake of proteins
- reduced intake of fibre and fluid

What can you do:

- See your doctor
- Soft or mashed foods
- Have a drink after with each swallow
- Thickened drinks may be easier

How many pieces/ serves of fruits and vegetables



Key nutrients

- Fibre
- Carbohydrates
- Fluid
- Micronutrients and antioxidants

Variety of types and colours

Can be fresh, frozen or canned

What can you do

- Grated in meals and soups
- Side salad
- Add fruit to desserts, breakfast
- Include vegetables at breakfast

How much fluid do you drink in a day?



Requirements vary depending on activity, size and climate

Aiming for 6-8 cups per day

- All types of fluid count
- Liquid foods (soups, yoghurts)

What can do you

- Routines, reminders
- Increase the variety of fluids
- Water bottles

Do you eat
one or
more meals
a day with
someone?



AVOID FRAILTY

ACTIVITY



VACCINATE



OPTIMIZE MEDS



INTERACT



DIET & NUTRITION



TAKE CONTROL

Which statement best describes meal preparation for you?



No longer able to prepare meals
or

No longer enjoying meals prepared by
others

- Reduced diet quality
- Reduced enjoyment at meals

What can you do:

- Home care/ community supports
- Ready made meals
- Cooking in bulk

SCREEN II

Answer these 8 questions to assess your nutrition risk



Weight
change



Reduced
appetite



Fruit and
vegetables



Problems
swallowing



Skipping
meals



Fluid
intake



Eating alone



Preparing
meals

NUTRITION RISK
= 38 or less

If you are at nutrition risk...

Use the SCREEN II to identify areas
you could work on
Talk to your doctor
See a dietitian
Monitor your weight and energy levels



Nutrition when you are sick or malnourished



High protein

50% higher than usual



High calorie

Fats and sugars



Small regular meals

5-6 meals a day



Nutritious drinks

Supplement drinks
might be needed



Avoid dietary restrictions

Talk to your
doctor/ dietitian
about your



See a dietitian

Personalised plan
for you



Healthy eating as we age

- Protein to maintain muscle health
- Monitor and reduce nutrition risk
- Food as medicine

*"Food may be essential for the body,
but good food is fuel for the soul"*

Thank you!

