

# Nutrition 101 for Older Adults

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# Outline

- Lifestyle Change
- What is a Calorie?
  - Carbs, Protein and Fat
  - F-AD Diets
- Exercise- The other half of the equation
- Healthy Habits

# Health & Aging

The body changes as we age:

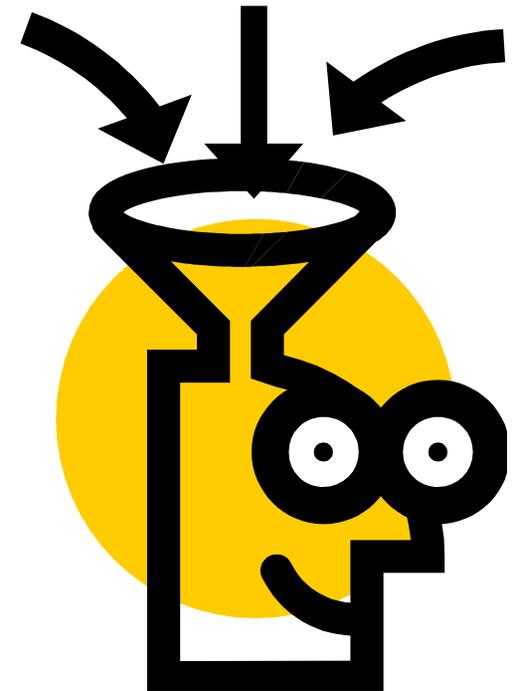
1. Body Composition
  - Lower Lean Mass (Muscle)
  - Higher Body Fat
2. Lower Metabolic Rate
3. Lower Water Content

It becomes harder to lose and maintain a healthy weight

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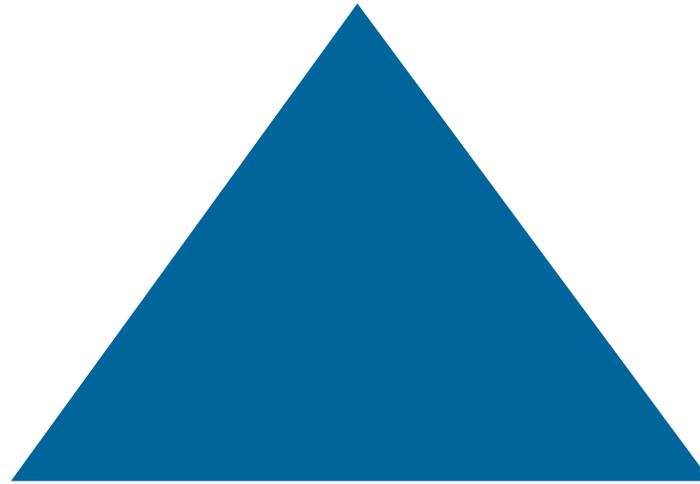
# Things you can do...

- Increase your knowledge
- Eat well
- Exercise regularly
- Practice healthy habits



# Lifestyle Change for Lifelong Health

**Eat Well**



**Be Active**

**Healthy Habits**



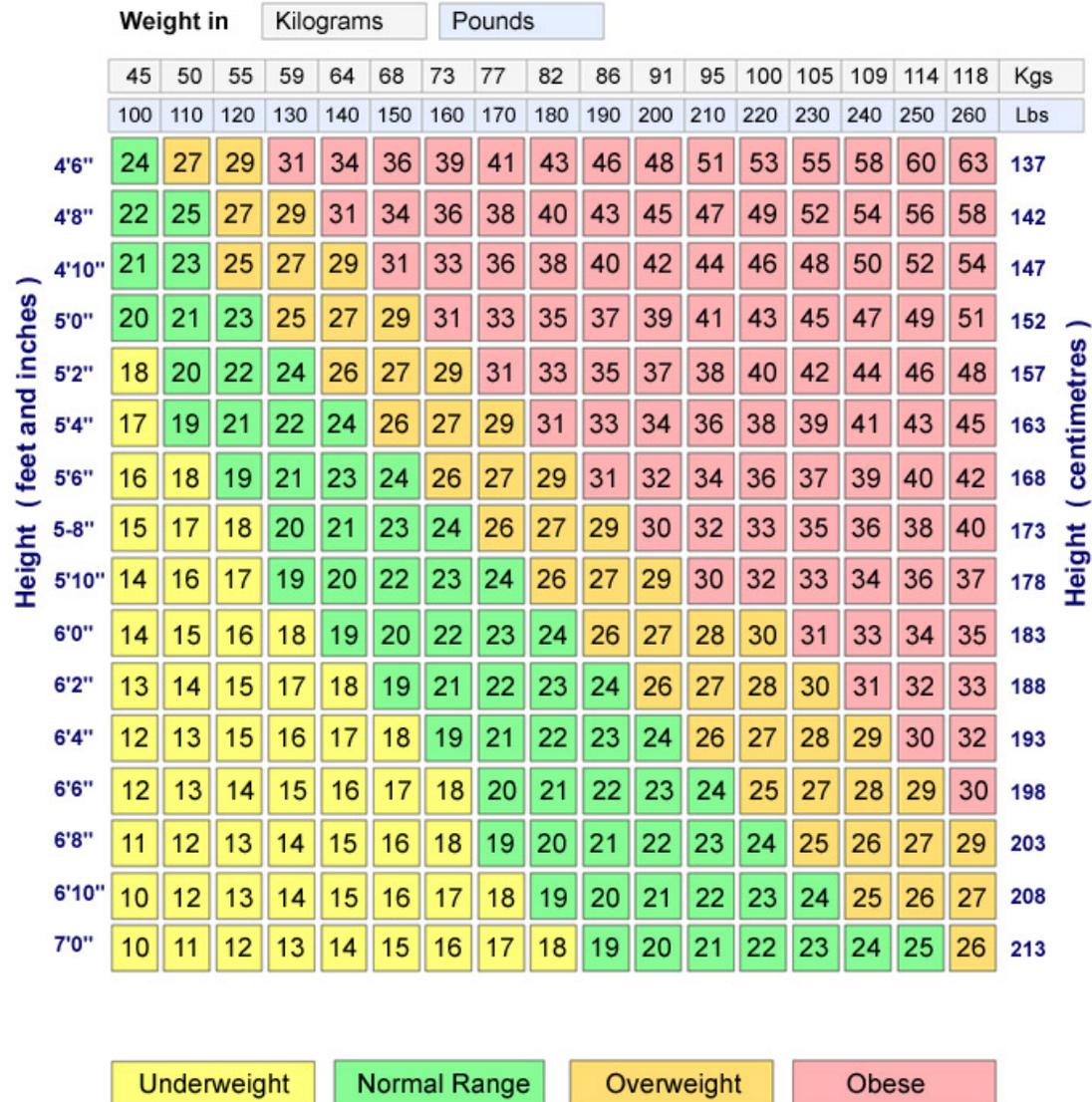
# Why?

*“Nearly 40% of all deaths in America result from heart disease and stroke, and can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse”*

- U.S. Center for Disease Control

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# Are you a healthy weight?



# Weight Management

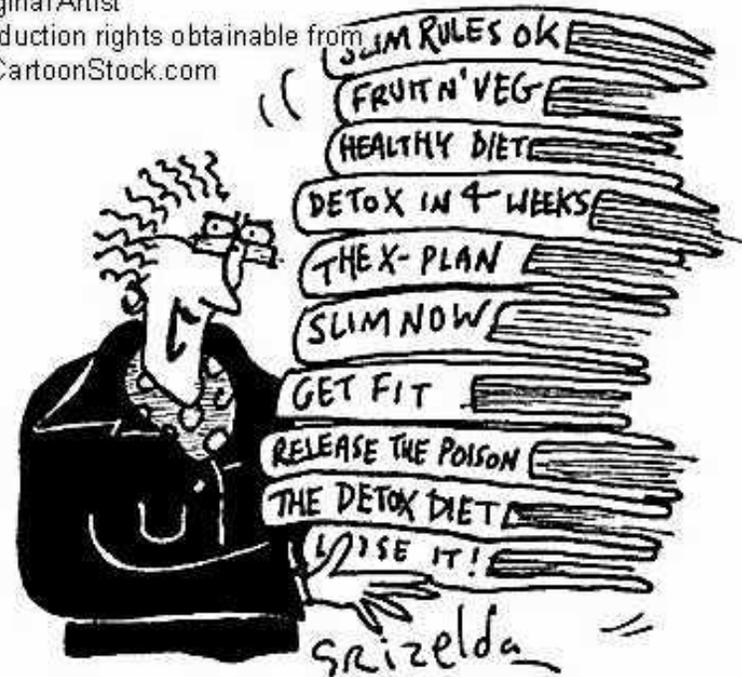
- Maintaining a healthy weight can also help:
    - Control diabetes
    - Prevent heart disease
    - Decrease your risk of developing cancer
    - Promote bone and joint health
  - How can you achieve a healthier weight?
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# F-AD Diets

- F-AD = False Advertising
  - There is not a silver bullet for sustained change

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"I'm de-toxing my bookshelves."

# Eat Well for Life

WEIGHT = ENERGY IN *minus* ENERGY OUT

# What is a Calorie?

- a) Something to be “burned”
  - b) Unit of food energy
  - c) 4.18400 Joules
- 
- All of these definitions are true
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# What is a Calorie?

- Unit of food energy
  - Calories vary by nutrient
    - Carbohydrate: 4 Calories per gram
    - Protein: 4 Calories per gram
    - Fat: 9 Calories per gram
    - Alcohol: 7 Calories per gram
-

# Carbohydrates

- **What is a Carbohydrate?**
    - The main form of energy for the body that is broken down into glucose (blood sugar)
  - **Types:**
    - Simple (Quick Carbs)
    - Complex or Starches (Slow Carbs)
    - Fiber
-

# F-AD Alert

- **Atkin's Diet**

- **Rationale:** Rapid weight loss via water loss by restricting carbo*hydrates*.
- **Why it doesn't work:** The body needs at least 150g carb everyday for brain activity, heartbeat, breathing and digestion.

# F-AD Alert

- **Glycemic Index (G.I.)**
    - **Rationale:** Limits carbohydrates with a high G.I. because these foods are absorbed and stored more quickly.
    - **Why it doesn't work:** Simple carbohydrates can be nutrient-rich and great sources of natural energy.
      - Fresh and dried fruit
      - Non-Fat Milk and Yogurt
-

# Carbohydrates

- Carbohydrates can be HALF of what you eat
    - Choose quality carbs such as:
      - Whole grains: 100% whole wheat bread, oatmeal, brown rice, whole wheat pasta
      - Whole Fruit and Vegetables
      - Low-Fat Dairy
  - Consume at least 25 to 35 grams of fiber per day
-

# Protein

- **What is protein?**
    - Animal and Plant structures that assist the body maintain structure, growth and lean tissue, such as muscle.
  - **What does it do?**
    - Protein supports the immune system
    - Essential hormones and enzymes
-

# F-AD Alert

- **Atkin's Diet**

- **Rationale:** High protein meals induce satiety, regulate hormones and reduce the intake of carbohydrates.

- **Why it doesn't work:** The high protein can be high fat, which increases your risk of heart disease. Also, high protein can cause the body to produce too much uric acid, which can lead to:

- Dizziness, dehydration, constipation, weakness, kidney stones and gout
-

# F-AD Alert

- **Human Growth Hormone (HGH) Diet**
    - **Rationale:** HGH is made by the pituitary gland and supports growth and maintenance of tissues, muscle, brain and metabolism. This hormone peaks during the teenage years and then slowly declines. Obese individuals have lower levels of HGH than normal weight individuals.
    - **Why it doesn't work:** When adults with an HGH deficiency take supplement HGH it can improve body composition, but in those without the pituitary disease, changes are absent.
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# Protein

- Strive for at least 10 grams of protein at every meal.
  - Choose *LEAN* sources such as:
    - Lean beef, Skinless poultry and Fish
    - Vegetarian sources: Fat-Free or Soy milk, Low-fat cheese , Kidney beans and Nuts
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# Fat

- **What is fat?**
    - Fat is the most dense form energy with a bad reputation
  - **What does it do?**
    - Fat helps the body grow and develop, absorb fat-soluble vitamins (A, D, E & K), provides cushioning for organs and cells.
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# Types of Fat: The Good, Bad & Ugly

## The Good Guys-

- Polyunsaturated Fats (PUFA): The MOST flexible fats found in plant oils
    - Corn oil, Safflower oil, Soybeans, and Sesame seeds, walnuts, almonds, flaxseed and fish oils.
  - Monounsaturated Fats (MUFA): Flexible fats that are HIGH in the American diet
    - Dairy, beef and partially hydrogenated vegetable oils.
    - These fats are also high in peanuts, seeds, canola oil and olive oil
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# Types of Fat: The Good, Bad & Ugly

## **The Good Guys-** What is the best oil?

### Extra Virgin Olive Oil

- EVOO is unrefined and the highest quality
- It retains olive flavor
- Low smoke-point and best for dressings and dips

### Olive Oil

- Refined oil resulting in a “lighter” product
  - Neutral in flavor
  - Higher smoke-point and can be used in higher temperatures
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# Fat

## The Bad Guy-

- Saturated Fats: Fixed fats with a rigid structure that makes them SOLID at room temperature
  - Animal fats (Lard, Butter, Meat, Dairy) and plant sources (Palm & Coconut Oil)

## The Ugly Guy-

- Trans Fats: Unsaturated fats that have been TRANSformed into saturated fats
    - Processed foods, Pies, Vegetable shortening, Stick margarine
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# Which food is a good source of healthy fat?

- a) Packaged Pie Crust
  - b) Filet Mignon (Beef)
  - c) Walnuts
  - d) Soybean Oil
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# Which food is a good source of healthy fat?

- a) Packaged Pie Crust
  - b) Filet Mignon (Beef)
  - c) Walnuts → Great source of Omega 3 Fat
  - d) Soybean Oil
-

# F-AD Alert

- **Liver Detox Diet**

- **Rationale:** The liver's role is to remove toxins from the body. By increasing liver metabolism and reducing toxin ingestion the detoxification process can be increased.
  - **Why it doesn't work:** The liver's metabolism is relatively stable and while it can be supported it does not provide significant changes in weight.
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# Fat

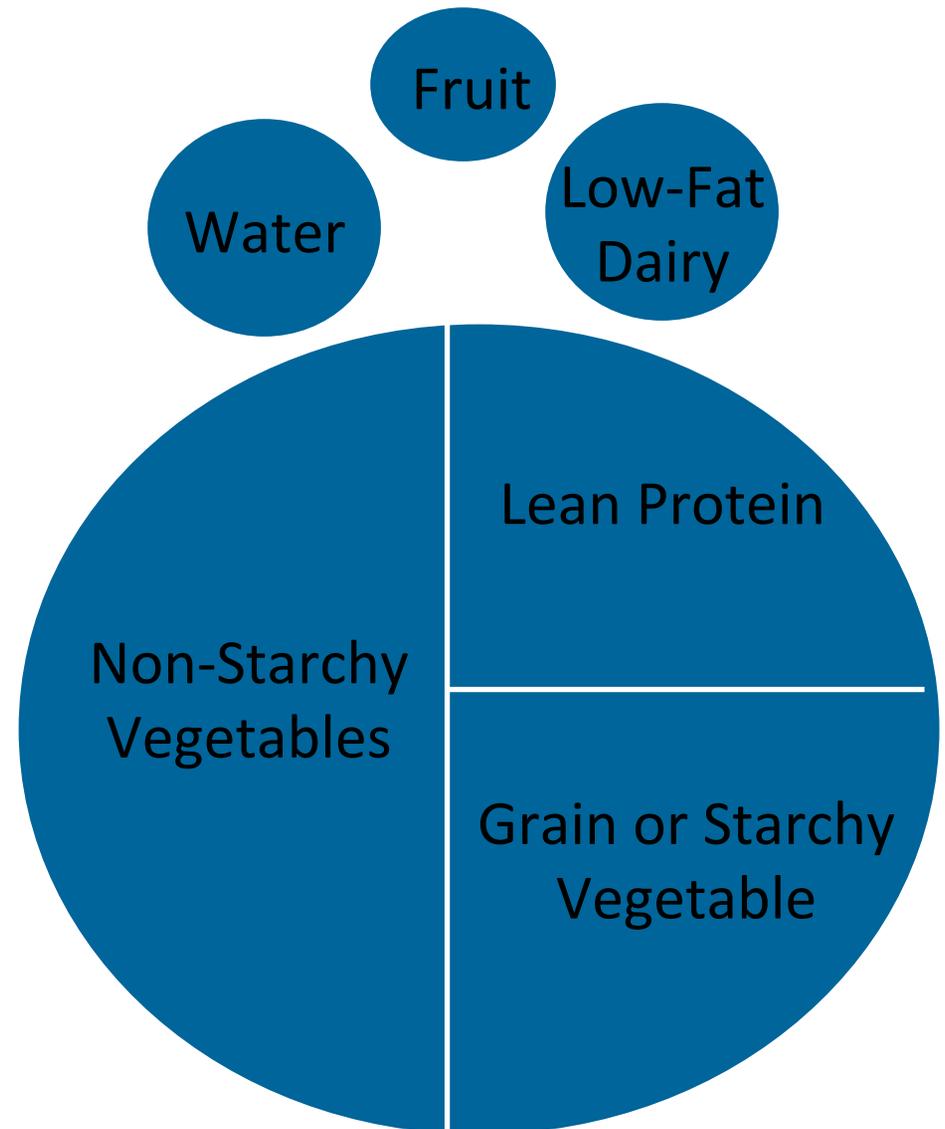
- Choose heart healthy fats
    - The “Good” guys
  - Keep saturated fats low
    - Less than 20 grams per day
  - Keep trans fats minimal
    - Less than 1 gram per day
-

# What does a Healthy Meal look like?

<b>Food Group</b>	<b>1,200</b>	<b>1,400</b>	<b>1,600</b>
	<b>Calories</b>	<b>Calories</b>	<b>Calories</b>
	<i>Total Portions per Day</i>		
<b>Grains</b>	4	5	5
<b>Vegetables</b>	1.5 Cups	1.5 Cups	2 Cups
<b>Fruit</b>	1 Cup	1.5 Cups	1.5 Cups
<b>Milk</b>	2 Cups	2 Cups	2 Cups
<b>Meat and Beans</b>	3	4	5

# What does a Healthy Meal look like?

- Grains
  - 1 Serving per meal
- Vegetables
  - .5-1 Servings per meal
- Fruits
  - 0-1 Serving per meal
- Meats and Beans
  - 0-1 Servings per meal
- Dairy
  - 0-1 Servings per meal



# Alcohol

- Excessive intake increases the risks for cancer:
    - Breast
    - Mouth, pharynx, esophagus, stomach
    - Liver
    - Colon
  - When combined with smoking, these risks skyrocket.
  - Alcohol triggers appetite and can cause us to overeat.
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# Alcohol

- Consume in moderation
    - Women 1 drink per day
    - Men 1-2 drinks per day
    - 1 drink = 12oz Beer, 6oz Wine, 1.5oz Liquor
  - Drink plenty of water to replenish your dehydrated body
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# Be Active for Life

WEIGHT = ENERGY IN *minus* ENERGY OUT

# Benefits of Physical Activity

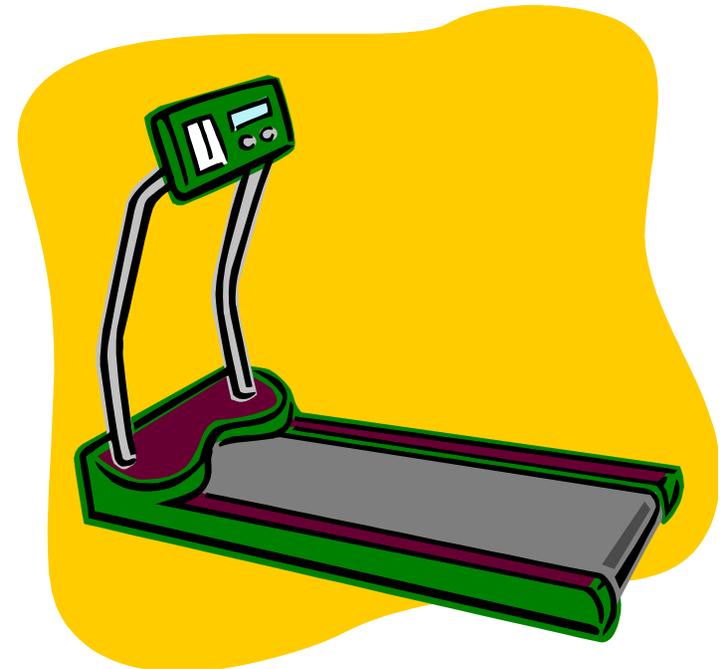
## Research says so...

- Men who walked more than 2 miles a day were at less risk of dementia than those who walked a quarter mile per day or less (Abbott, 2004).
  - Regular physical activity decreased anxiety and depressive symptoms and increased quality of life in older adults (Attunes, 2005).
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# Benefits of Physical Activity

## Aerobic Exercise

- Physical activity that increases your heart rate and promotes cardiovascular health
- Recommend 30 minutes per day, which can be done in 10 minute intervals
- *Aerobic physical activities:*
  - Walking
  - Stair-climbing
  - Swimming
  - Dancing



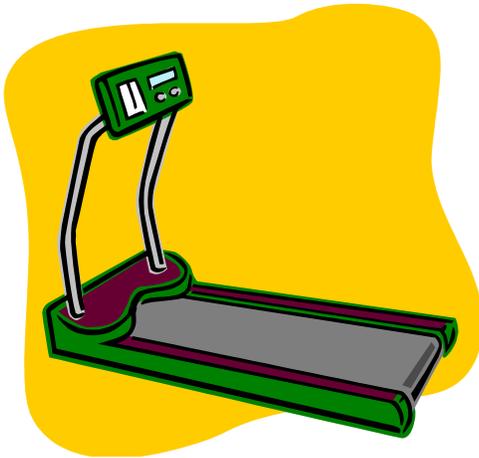
# Benefits of Physical Activity

## Resistance Exercise

- Anaerobic physical activity that promotes strength and decreases loss of lean body mass (muscle)
- Recommend 8 to 12 repetitions of at least 4 exercises 2 days per week
- *Anaerobic physical activities:*
  - Upper body lifting
  - Lower body press
  - Abdominal or Core exercises
  - Pilates or Yoga



# Benefits of Physical Activity



## Get Moving!

- Try to be physically active for 30 minutes everyday
- Find a buddy
- Make it fun!



## Just Starting?

- Be intentional about everyday activities:
  - Take the stairs
  - Park further away
  - Wear a pedometer and measure your steps
- Check with your doctor

# Lifestyle Change

- It is never too late to make lifestyle behavior changes
  - Consistent, Small steps can lead to Big Changes
- Make S.M.A.R.T. Goals
  - S.pecific
  - M.easurable
  - A.ttainable
  - R.ealistic
  - T.imely



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      - East, West and Research Park Clinics
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QUESTIONS?