

# IS YOUR DIET BALANCED?

## DID YOU KNOW:

MANY OLDER ADULTS ARE AT INCREASED RISK FOR MALNUTRITION COMPARED WITH OTHER POPULATIONS. IT IS ESTIMATED THAT BETWEEN 2%-16% OF OLDER ADULTS ARE NUTRITIONALLY DEFICIENT IN PROTEIN AND CALORIES



<https://www.cdc.gov/nutrition/index.html>

## FUN FACT:

Your taste buds that are sensitive to salty and bitter tastes decrease with age, and may be the cause for a decreased appetite. Spice up your meals with herbs and spices instead of salt!

WHAT NUTRIENTS COULD YOU BE LACKING?

PROTEIN

WHAT FOODS CAN PROVIDE THESE NUTRIENTS?

Lean meats, tofu, lentils

CALCIUM

Milk, broccoli, almonds

ZINC

Eggs, whole grains, nuts

MAGNESIUM

Seafood, banana, avocado

VITAMIN B6

Whole grain cereal, egg yolk

VITAMIN D

Salmon, cheese, cod-liver oil



<https://www.fda.gov>

# HEALTH IS WEALTH



Exercise combined with a healthy diet can help to decrease severity of diseases such as Diabetes, Cardiovascular Disease, and Osteoporosis

BE ABUNDANT IN HEALTH BY LEADING A WELL BALANCED LIFE WITH A WELL BALANCED DIET



<https://mnclhd.health.nsw.gov>



<https://health.gov>

It is recommended by the US Department of Health that older adults perform 150 minutes of moderate intensity aerobic exercise per week

## STAY HYDRATED



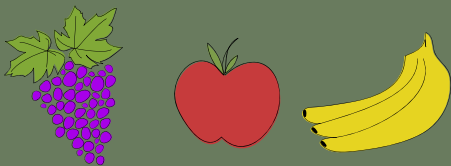
Don't forget to drink 6-8 cups of water throughout the day

For personalized information about nutrient requirements, visit the USDA Dietary Reference Intake calculator at: <https://fnic.nal.usda.gov/fnic/dri-calculator>. Talk to your doctor about changes to your diet!

### Follow MyPlate for Older Adults for general recommendations regarding optimal portion size, food variety, and fluid intake to promote healthy aging

### COLOR YOUR DIET

Fill your plate with colorful fruits and vegetables to ensure a variety of foods and nutrients with each meal

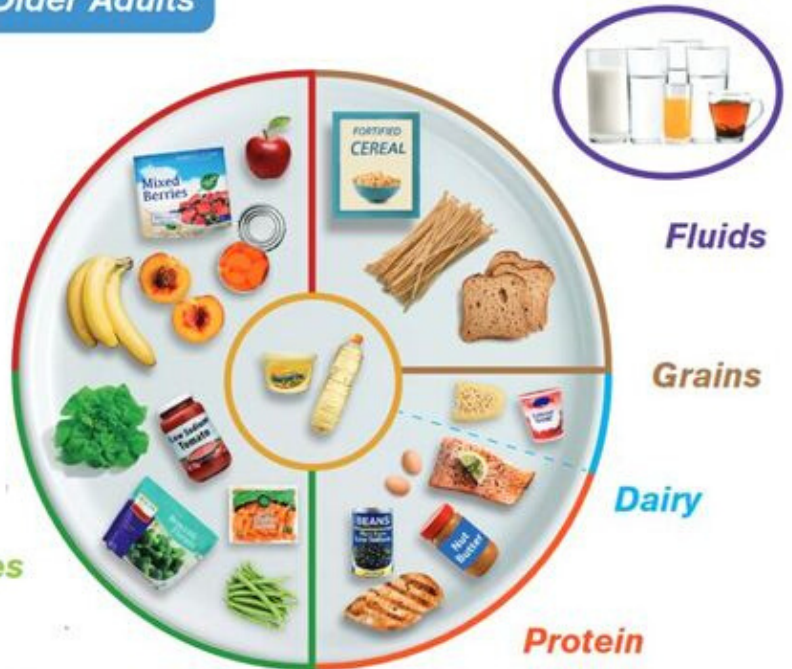


### MyPlate for Older Adults

Fruits & Vegetables

Healthy Oils

Herbs & Spices



Remember to Stay Active!



<https://www.choosemyplate.gov>

#### References:

- 1) Whitehead C, Finucane P. Malnutrition in elderly people. Aust N Z J Med. 1997;27:68-74.
- 2) WHO. Keep fit for life: meeting the nutritional needs of older people, 2002
- 3) Taste bud homeostasis, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3864165/>
- 4) <https://www.who.int/nutrition/topics/ageing/en/index1.html>
- 5) U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



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