**Benefits of Eating Healthy**

- **Maintaining a healthy diet can:**
  - Lower your blood pressure
  - Lower your cholesterol
  - Maintain a healthy weight and BMI
  - Enhance your energy levels
  - Strengthen your immune system

- **These measures can lower the risks for heart attack, stroke, diabetes, and even cancer.**

- **Poor nutrition is a risk factor for pressure ulcers, delays wound healing, and increases mortality rate** (Elfhag, & Rössner, 2005).

- **Healthy foods provide:**
  - Vitamins: Things that your body needs to function, but cannot produce them; They must be consumed.
  - Antioxidants: Substances that inhibit oxidation of cells (oxidation is the breaking down of cells).
  - Proteins: A string of amino acids that your body needs for its functioning and energy. Your body cannot produce amino acids, they must be consumed.

- **Optimal Sources for Vitamins, Antioxidants, and Proteins:**
  - **Vitamins:**
    - Whole grains, like brown rice and oatmeal, and protein, such as poultry, fish, eggs, and nuts, often contain the B vitamins thiamine, riboflavin, niacin, and folate. These vitamins help the body release energy from carbohydrates, protein, and the fats that you eat.
  - **Antioxidants:**
    - Whole grains contain a mineral called magnesium, which helps release energy from muscles and help develop strong bones. This means that eating a healthy diet with the necessary portions of whole grains and proteins will have you feeling less sluggish and tired, giving you more energy to enjoy your day.
  - **Proteins:**
    - Foods in a healthy diet also help to improve mental clarity which can improve productivity in school or the workforce. Healthy fats and oils help to feed and nourish the brain (Van Achterberg, Huisman, Katerael, Katerael, & Wolkersen, 2010).

- **Physical Effects of a Healthy Diet**

- **People who take the time to eat healthy foods and exercise tend to live longer** (Bell-Williams, M, RD, LD, 2004).

- **It is important to maintain a balanced diet consisting of fresh fruits, vegetables, grains, and fish which are high in antioxidants such as vitamins A, B, C, and E (Forkowski, Sheffett, Bruceleri, & SE, 2009).**

- **There are many different effects that a healthy diet can have inside your body that you may not know about.**

- **One important factor for healthy eating in the elderly is oral health** (Margaret R. Wilson, 2004).

- **Tooth decay and gum disease are the most common oral health problems.**

- **Figure 1: Additional % of Money Spent on Health Care Costs Compared to a Person with BMI 20-24.9**

- **Figure 2: Diabetes in the Elderly**

- **Figure 3: Additional % of Money Spent on Health Care Costs Compared to a Person with BMI 35 or Greater**

**Unhealthy Eating Ultimately Costs More Than a Healthy Diet**


- **Costs of food dehydrators:**
  - Energy cost per year: $75 (based on $0.10 per KW).

- **Storage area can be found:**
  - Under beds
  - In closets
  - Behind couches
  - In bins, which you can then cover with a table cloth

- **Growth and fruits and vegetables inexpensively in your yard or in window and patio containers.**

- **Try new combinations of foods and seasonings to enhance taste, smell, and texture that would make it more appealing.**

- **Changes in diet based on physical needs:**
  - **60% of elderly people surveyed believe that they do not need to change their eating habits as they already eat healthy (de Almeida, M D et al, 2001).**
  - **Research Shows, however, that as people age their consumption needs change.**
  - **Solutions to avoiding foods:**
    - **Modifying foods as an alternative to avoiding foods entirely is an effective way to continue getting the nutritional benefits of foods you otherwise could not eat such as brown rice, fish, and nuts.**
    - **Modifying foods to suit the needs of the older body helps to keep the necessary nutrients and fibers that are essential.**
    - **Meats can be ground up for easier digestion.**
    - **Foods that are too hard to eat such as apples can be made into apple sauce or smoothies.**
    - **Vegetables can be steamed as opposed to boiled or baked because it makes them softer without losing their nutritional benefit.**
    - **Try new combinations of foods and seasonings to enhance taste, smell, and texture that would make it more appealing.**

**Real World Solutions**

- **Solutions to cost:**
  - **Buy in Quantity—Cost comparisons for different shopping methods:**
    - **Fresh Fruit**
      - Apples - $1.99lb
      - Pre-cut Pineapple for one - $5.99lb
      - Meats
        - Ground Beef for two - $2.99lb
      - **Bread**
        - Leaf Lettuce - $0.50
    - **On sale in advance - $0.99**
    - **Saving - $2.30**

- **What but do I do with the larger servings that I bought in advance?**

- **Nutritionists are available to help you plan your meals and adjust portions to fit your needs.**

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  - **Research Shows, however, that as people age their consumption needs change.**
  - **Savings are necessary to maintain bodily function.**
  - **More carbohydrates are necessary as a source of energy due to a slowing of metabolic rates.**

- **93, the elderly accounted for 48% of all days of care in hospitals, with an average length of stay that was 3 days longer than for younger populations (Chen, Cheryl Chia-Nui, 2001).**

- **The malnourished elderly patients experienced 2 to 20 times more complications, have up to 100% higher mortality rates, and more than double the length of hospital stay compared to those with no malnutrition** (Chen, C. (2001). A concept analysis of malnutrition in the elderly.

- **Figure 4: Cost of Food Dehydrators**

**References**


Margaret R. Wilson, 2004. Eat less to live longer.


Savings are necessary to maintain bodily function.

More carbohydrates are necessary as a source of energy due to a slowing of metabolic rates.

Checking with your doctor or a nutritionist/dietician to determine your body’s nutritional needs is advised to accurately assess how much you need to consume.