

# ***Making Healthy Eating Fun***

Nutritious food doesn't have to be boring! Keep healthy eating interesting with these tips and tricks.

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## **Objectives**

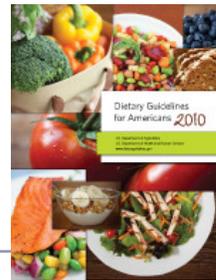
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- Know the key recommendations of the 2010 Dietary Guidelines for Americans.
- Understand at least one healthy recommendation from all five food groups.
- List at least three reasons why its important for older adults to consume a nutrient rich diet.

## **2010 Dietary Guidelines for Americans**

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- Updated every 5 years.
- 2010 was the first year the Guidelines addressed an overweight population, including those at increased risk for chronic disease.
- Some specific recommendations exist for those in different life stages, such as older adulthood.



## **2010 Dietary Guidelines**

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- Two overarching concepts:
  - **Maintain calorie balance over time to achieve and sustain a healthy weight.**
    - Most Americans should decrease calorie intake and increase physical activity levels.
    - Calorie balance is ever-changing
  - **Focus on consuming nutrient rich foods and beverages.**
    - Nutrient Rich – relatively rich in nutrients for the number of calories contained.

## 2010 Key Recommendations

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- **Four Key Recommendations**

1. Balance Calories
2. Foods to Reduce
3. Foods to Increase
4. Building Healthy Behaviors

- **Balancing calories to manage weight**

- Improve food choices and increase physical activity.
- Maintain appropriate calorie intake for each stage of life.
  - Calorie needs reduce in older age.

## 2010 Key Recommendations

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- **Foods to Reduce**

- Reduce sodium to 1,500 mg per day for:
  - Person 51 years and older
  - African Americans
  - Those with hypertension, diabetes or chronic kidney disease
  - Others reduce to 2,300 mg sodium
- Aim for less than 300 mg dietary cholesterol
- Avoid trans fats
  - Found on food label as “partially hydrogenated”
- Reduce intake of SoFAS (Saturated Fats & Added Sugars)

## 2010 Key Recommendations

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- **Foods to Increase**

- Increase fruit and vegetable intake.
- Increase whole grain intake.
- Choose a variety of lean proteins
- Increase the amount and variety of seafood in the diet.
- Use healthy oils to replace solid fats.
- Choose foods higher in potassium, fiber, calcium and Vitamin D.
- Specific for those 50 and older:
  - Consume more foods fortified with Vitamin B<sub>12</sub>.
  - *One of the few recommendations specific to older adults.*

## 2010 Key Recommendations

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- **Building Healthy Eating Patterns**

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed
  - Including beverages, alcohol, condiments and snacks between meals.
- Follow food safety recommendations when preparing and storing foods.

## 2010 Recommendations for Older Adults

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- Older adults are encouraged to achieve and maintain a healthy weight.
- Those over the age of 65 who are overweight are encouraged to avoid weight gain.
  - Intentional weight loss can be beneficial.
  - Studies show a moderate reduce risk of mortality, type 2 diabetes and heart disease with intentional weight loss.
- Older adults: Aim for 1,500 mg sodium per day.
- Vitamin B<sub>12</sub>
  - A large proportion of adults over 50 may have reduced ability to absorb naturally occurring vitamin B<sub>12</sub>.

## Unique Needs for Older Adults

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- Different nutrient needs arise at each life stage.
  - People may become less active as they age.
  - Older adults absorb and utilize many nutrients less efficiently.
    - i.e. - Vitamin B<sub>12</sub>
  - Metabolism slows and energy requirement decreases.
    - But as calorie needs decrease, nutrient needs remain the same or increased...making a NUTRIENT RICH diet very important for older adults.
  - Chronic conditions and medications can affect nutrition requirements.

## **Achieving a Nutrient Rich Diet**

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- Importance of a nutrient rich diet for older adults.
  - Adequate nutrient consumption has a positive effect on:
    - Physical and cognitive condition
    - Bone and eye health
    - Vascular function
    - Immune system.
  - Make the most of calories consumed.
  - Give the body a better chance of absorbing the nutrients it needs.

## **Nutrient Rich Challenges**

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- Aging is often accompanied by a loss of appetite and changes in taste and smell.
- General oral health often declines with age, and a reduced ability to swallow is sometimes an issue.
- Mobility constraints may make it difficult to shop for food, open containers, cook, etc.
- Income issues for aging populations may make it difficult for many older adults to access high quality foods.

## Nutrient Rich Food Groups

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- Make the most of the Food Groups
  - Fruit
  - Vegetable
  - Grain
  - Dairy
  - Protein
  - Healthy Fats
    - Not a true group, but so important!

## Fruit

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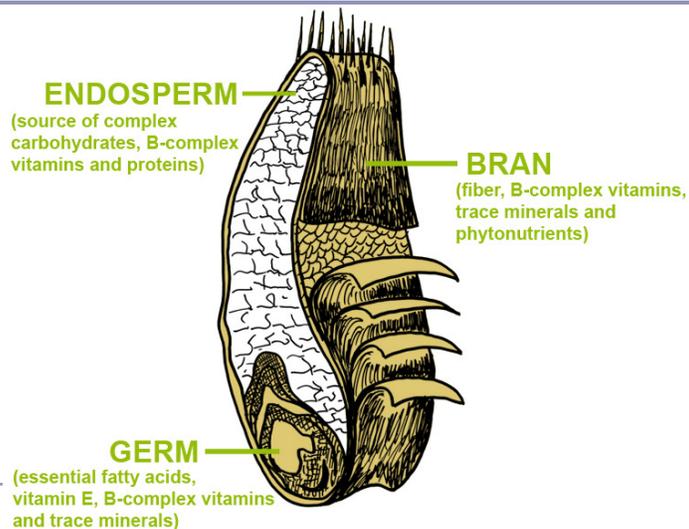
- Look to fruit to satisfy your sweet tooth.
- Try it dried, fresh, blended, frozen and cooked.
- Enjoy fruit with added nuts or low fat dairy, instead of added refined grains and sugar.
- FUN TIP
  - Turn on the heat! **Grilling** or **roasting** your fruit, then topping with a little balsamic vinegar, is a real treat.
    - Try roasting grapes, peaches, pineapple or pears!

## Vegetables



- Increase the variety of vegetables in the diet, especially dark green, red and orange vegetables, and beans and legumes.
- If using canned or frozen vegetables, keep your eye out for added sodium.
- Aim for a majority of non-starchy vegetables
  - Includes all but corn, potatoes, winter squash and lima beans.
  - These are nutritious, but do raise blood sugar.
- FUN TIP!
  - **Roast** vegetables! An easy way to prep produce that amplifies the flavor without much effort
    - Try roasted kale, green beans or chickpeas!
  - **Blend** vegetables! Add baby greens to your favorite smoothie recipe.

## What is a Whole Grain?





## Whole Grains

- Whole grains can bring much needed fiber to the older adults diet.
- Get creative with “in-tact” grains, thinking beyond wheat.
- FUN TIP!
  - Try whole grains in soups, “salads”, and sautéed dishes.
  - Cook grains in bulk and freeze them.
    - Be sure to label well!

## Types of Whole Grains

- |                   |             |
|-------------------|-------------|
| ● Barley          | ● Rye       |
| ● Buckwheat*      | ● Sorghum*  |
| ● Bulgur          | ● Spelt     |
| ● Farro           | ● Teff*     |
| ● Wheatberries    | ● Triticale |
| ● Quinoa*         | ● Kamut     |
| ● Oats**          | ● Millet*   |
| ● Rice/Wild Rice* | ● Amaranth* |
| ● Wheat           | ● Corn*     |

## Dairy



- Aim for 2-3 servings of low fat dairy.
  - Seek alternative calcium sources if lactose intolerant.
- Give your bones a boost with physical activity.
- Aim for dairy choices without added sugar.
- FUN TIP!
  - Use strong flavored cheeses so you can use less, but still get great flavor.
  - Blend milk with fruit, freeze in small dishes for a warm weather healthy treat.

## Protein



- Choose high quality, lean proteins.
- Plenty of meatless options:
  - Beans, eggs, nuts, seeds, whole grains
- Fish is recommended 2 times per week.
- FUN TIP!
  - Think of meat as a condiment, something to enhance the vegetables on your plate.
  - Get creative with beans – blend, bake, toss, “burgers”, etc.



## Healthy Fats

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- Choose
  - Mostly Unsaturated Fats
  - Limit Saturated Fats
  - Avoid Trans Fats
- Get healthy fats from olive oil, avocado, cold water fish, nuts and seeds.
- FUN TIP!
  - Try making your own vinaigrette salad dressing!

## More Tips for Making Healthy Fun

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- Focus on Flavor
  - Vinegar, “Aromatics”, herbs and spices
- Get Creative
  - Think outside the box, going beyond the “typical” food uses
- Make cooking a fun time
  - Turn on music, invite a friend
- Get inspired
  - Review cookbooks and recipes, talk food with friends and neighbors
- Be adventurous
  - Try new foods and recipes!

## Resources

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- Whole Grains Council
  - [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)
- USDA 2010 Dietary Guidelines for Americans Executive Summary
  - [www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf](http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf)
- Dr. Robert C. Post. The Dietary Guidelines and MyPlate: Promoting a Future of Healthy Eating. Perspectives on Nutrition & Aging National Summit. August 23, 2012.

## Questions?

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