

Healthy Me!



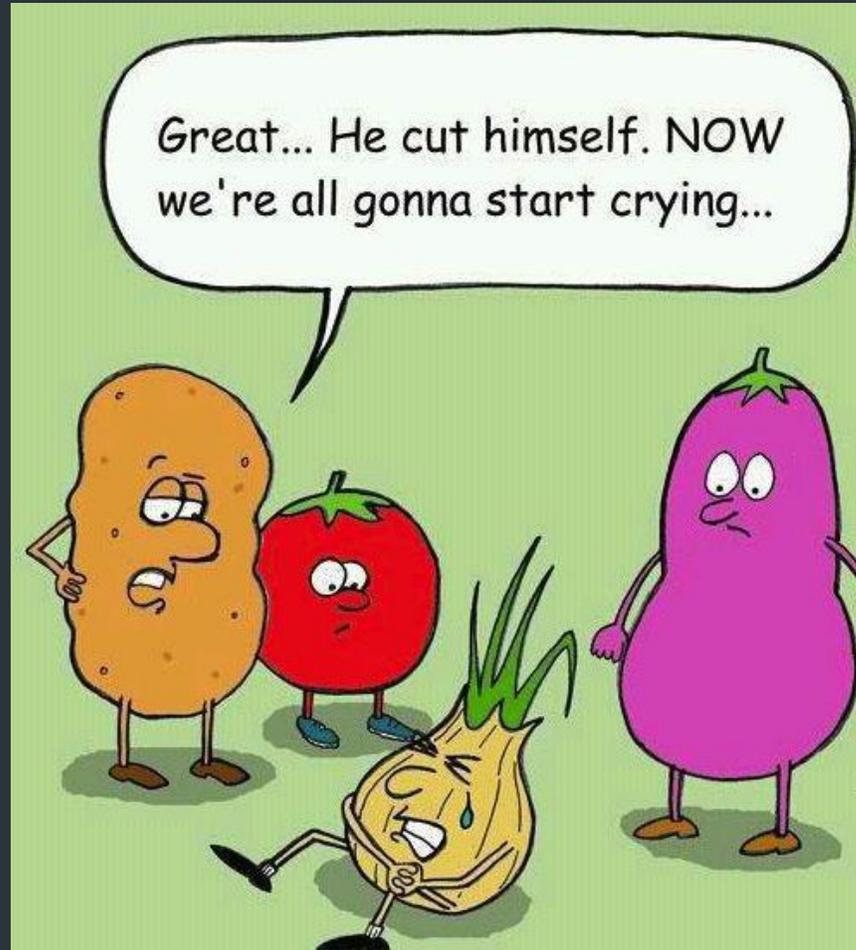
Nutrition Humour



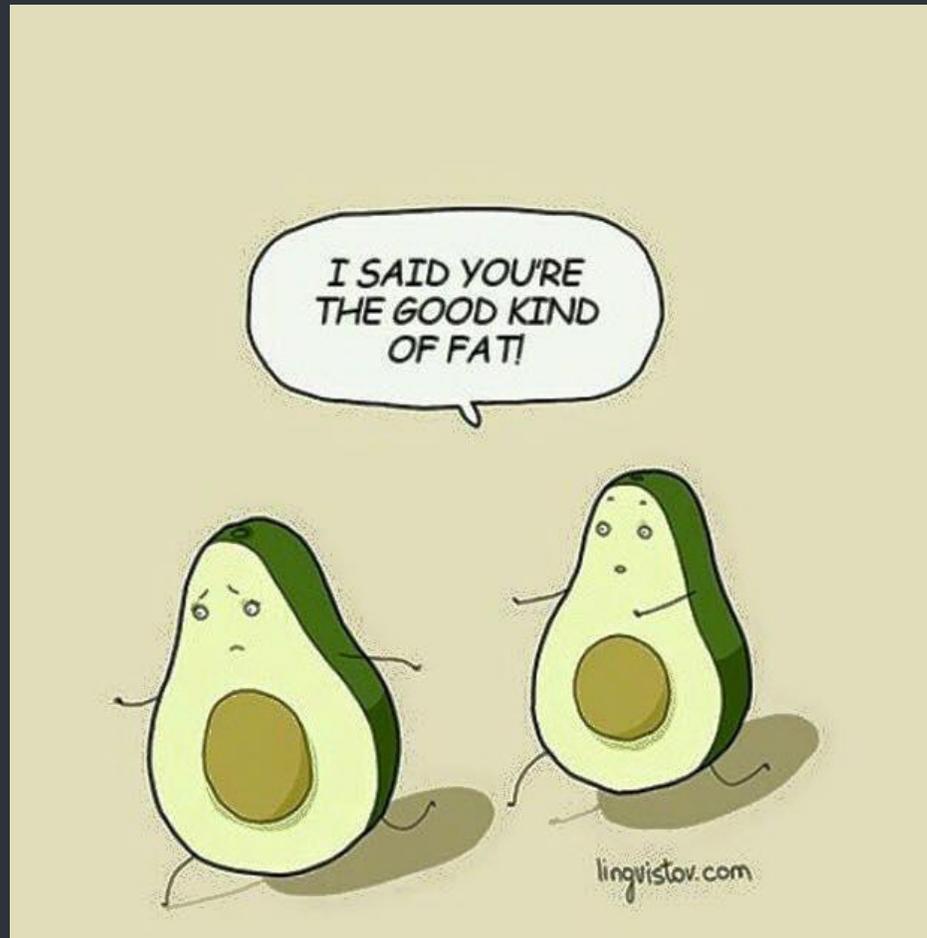
Nutrition Humour



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The Conundrum!!

- ▶ We know to stay well we need to eat well.
- ▶ As we age it is more important than ever to eat well to prevent illness, fight illness, improve recovery, help maintain independence and good spirits.
- ▶ THE CONUNDRUM:
 - ▶ As we age things get in the way of us eating well
 - ▶ For example medications reducing appetite, isolation, mobility issues that interfere with our independence

So what can we do about it?





Staying Hydrated - less thirsty as we age

- Why fluid matters:
 - Move nutrients and waste through body
 - Keep blood pressure normal
 - Protect and cushion joints and organs
 - Control body temperature



Dehydration

- Signs of dehydration:
 - Increase thirst
 - Dark colored urine
 - Reduced urine output
 - Dry mouth
 - Increased heart rate
 - Tiredness and confusion



Goal: passing light yellow urine every 3-4 hours

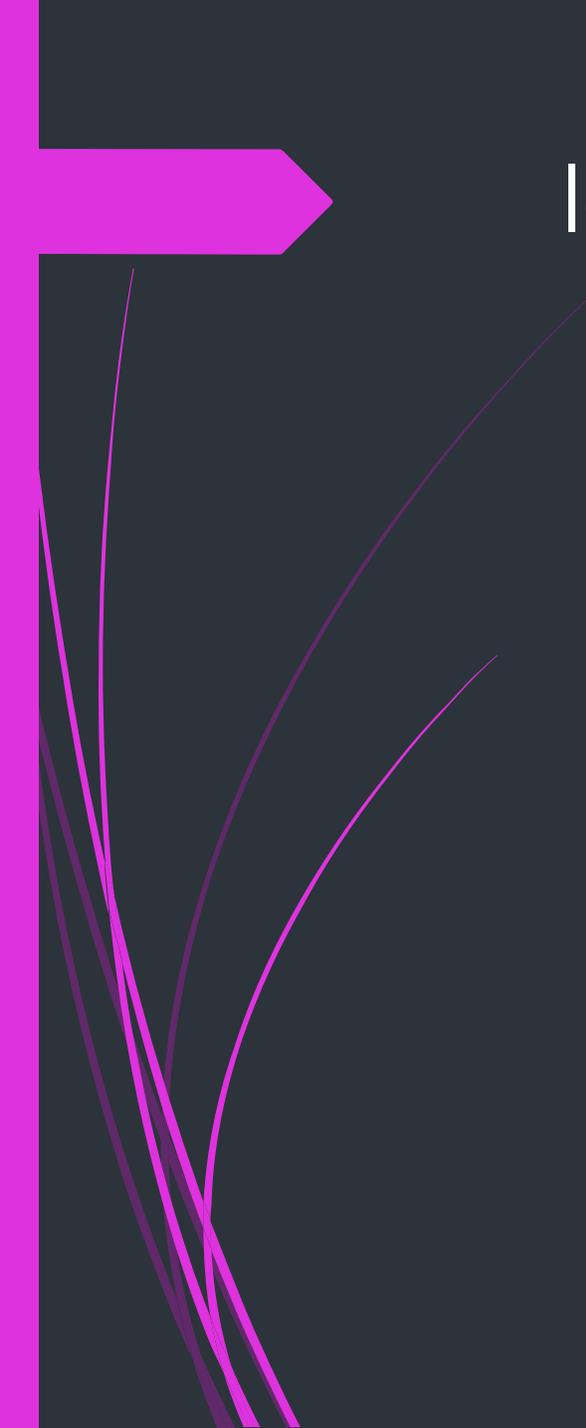
Ideas:

- Keep a water jug with water beside seat
- Sip every few minutes
- Use variety of liquids to avoid taste fatigue – flavor water, herbal tea, decaf coffee, milk, juice, sparkling water, low sodium soups and vegetable juices
- Keep liquid at bedside to sip during the night
- Drinking more earlier in the day

Appetite - As we age our appetite declines for one reason or another

- ▶ Your body needs calories and nutrients to maintain its normal functions
- ▶ Your body needs increase by 400-500 calories a day above normal intake during increased stress or infection





Ideas to stimulate appetite:

- ▶ Try to eat smaller, more frequent meals
- ▶ Make every bite count – choose nutrient dense foods more often.
- ▶ Eat your bigger meal earlier in the day when you might have more energy
- ▶ Exercise or take a walk before meals.

Part of eating is cooking and this can sometimes be a challenge.

► Ideas:

- Prepare extra and plan for leftovers – cook once, eat twice.
- Use a blender, chopper or food processor for quick chopping
- Cook with a friend or family member
- Eating alone can be just as enjoyable as you get to eat where and when you want – eat by the window, in front of the TV, eat outside or at a candle lit table
- Start up a cooking group with friends or neighbors – get together and plan, shop and prepare several meals together. After you enjoy a meal together package leftovers





Swallowing and chewing struggles – coughing or choking when you eat or drink

- ▶ Can be caused by:
 - ▶ eating too fast
 - ▶ taking bites that are too big
 - ▶ Dentures that do not fit well
 - ▶ Loose tooth that prevents proper chewing.



Ideas:

- ▶ Be sure to sit up to allow food easier passage
- ▶ Slow down eating – put cutlery down between each bite
- ▶ Cut up food into small bites
- ▶ Chew food thoroughly
- ▶ See dentist if there are denture issues
- ▶ Chop, mash, or puree foods
- ▶ Try different food textures to see what suits best
- ▶ Sip water during meals to keep food moist
- ▶ May need a referral to a Speech Language Pathologist to do a swallowing assessment

Taste Aversions

- ▶ Medications, smoking and age can change our taste buds and interfere with eating.



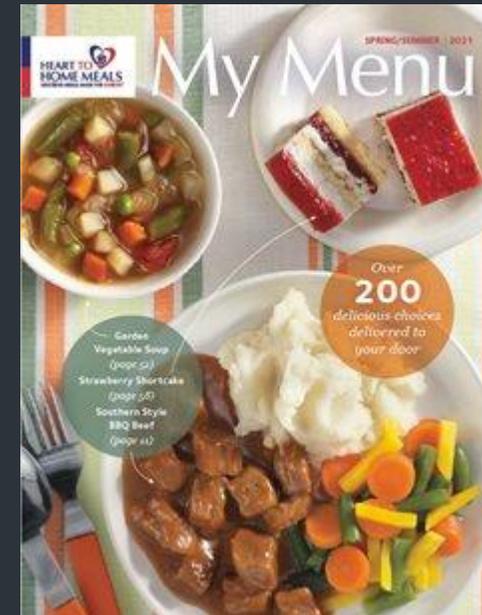


Ideas:

- ▶ Rinse mouth before or after eating to help clear taste buds
- ▶ Try different foods and drinks that you are not used to. Add new spices not more salt
- ▶ Bland tastes: citrus fruits can stimulate taste buds or try foods with strong flavours
- ▶ Smell or taste are more sensitive: try bland foods, serve foods cold at room temp, eliminate cooking smells using exhaust fans
- ▶ Metallic taste: use plastic cutlery, tart flavours (lemons, citrus fruit, vinegar, pickled foods) can overcome metallic taste
- ▶ Bitter tastes: add sweet fruits to meals, drink ginger ale or mint tea to cover up bitter tastes
- ▶ Marinate meat in wine, pineapple, lemon juice, low sodium soy sauce or bbq sauce

Accessing Food

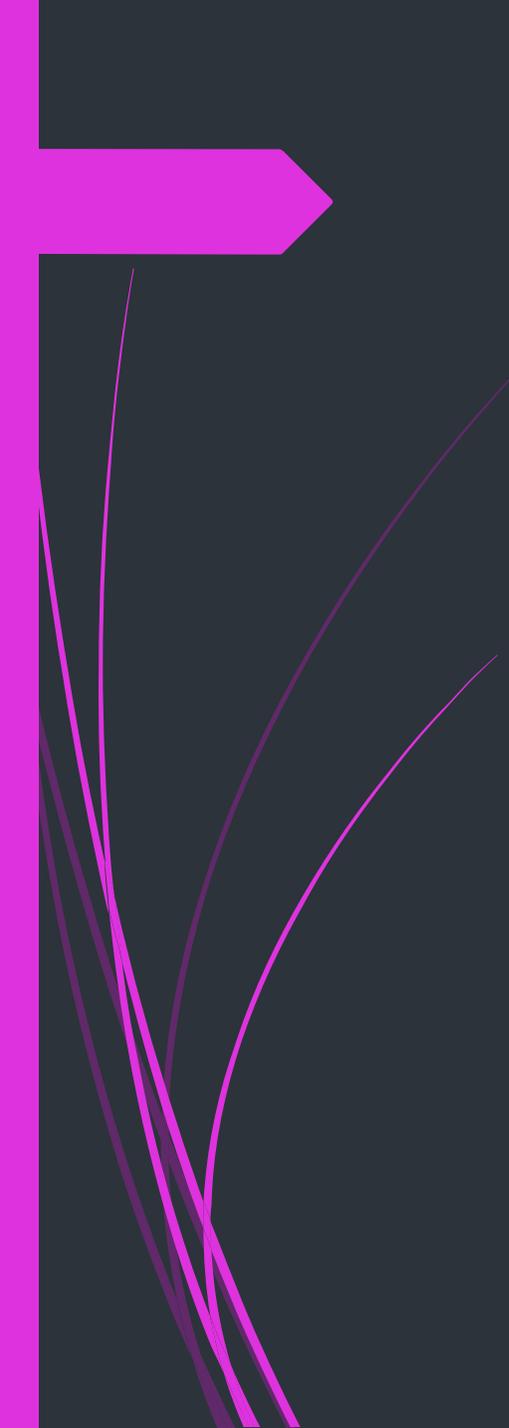
- Meals on Wheels – Red Cross
- Heart to Home
- Click and collect
- Grocery delivery



Activity

- ▶ Benefits:
 - ▶ maintaining independence
 - ▶ Maintaining mobility
 - ▶ Improving fitness
 - ▶ Maintaining healthy muscle mass and strength
 - ▶ Stronger bones
 - ▶ Improving mental health and feeling better
 - ▶ Improved appetite





Activity Goal

- ▶ 150 minutes of moderate to intense activity per week.
- ▶ Include:
 - ▶ Endurance aerobic activities: brisk walking, swimming, cycling, dancing, household chores, gardening, golfing
 - ▶ Strength activities: resistance exercises
 - ▶ Flexibility and balance activities: Tai Chi, yoga, stretching classes
- ▶ Limited mobility: chair exercises, resistance bands, weights

Thoughts?

