

Nutrition for Older People

31 March 2011

Brylee Haywood – student Dietitian

Summary:

Cheap and simple tips for eating well at home:

Food is the cheapest and most effective way of meeting nutrient requirements

- Frozen vege's handy in the freezer, easy to add to a meal or complete a meal
- Canned fruit and vege
- Use vegetables from the garden
- Cook meals in bulk and freeze
- Include yoghurt on high fibre cereal (e.g. special K, All Bran, Weetbix, Porridge) in the mornings
- Nuts are a tasty energy dense snack
- Drink plenty of fluids
- Ensure eating nutrient dense foods – limit high fat, high sugar foods with low nutrient density

Calcium:

- 3-4 servings per day = 1300mg/d
- Best source of calcium: dairy products: milk, yoghurt, cheddar
- Good availability of dairy products, cheaper, more readily absorbed than supplementations and fortified foods
 - Leafy green vegetables (spinach and silverbeet)
 - Bread
 - Nuts and seeds – dried fruits

Vitamin D:

- Main source is from the sun
- Food sources
 - Margarine
 - Fatty fish (salmon, sardines, etc)
 - Bread
 - Fortified cereals
 - Mushrooms grown in the sun

Vitamin B12:

- Synthesized by microorganisms
- Food sources
 - Liver is the richest source
 - Shellfish, fish
 - Milks, yoghurt, cheese

Increase the amount of fibre into every day eating

- Wholegrains (wholegrain bread)
- Fruits and vegetables
- Nuts and seeds
- Beans and legumes

Drink plenty of fluid: 6-8 glasses (water, milk, soup, etc)

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23rd May 2011

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Cheap and simple tips for eating well at home

Food is the cheapest and most effective way of meeting nutrient requirements

- Frozen vege's handy in the freezer, Easy to add to a meal or complete a meal
- Canned fruit and vege
- Utilise vegetables from the garden
- Cook meals in bulk and freeze
- Include yoghurt on a high fibre cereal (e.g. special K, All Bran, Weetbix, Porridge)
- Nuts are a tasty and energy dense snack
- Drink plenty of fluids
- Limit high fat, high sugar foods with low nutrient density

NUTRIENTS OF IMPORTANCE

Calcium:

- 3-4 servings per day (e.g. 1 serving = 1 glass of milk; 1 pottle of yoghurt; slice of cheese)
- Best source calcium:
 - Dairy products (milk, yoghurt, cheese, etc)
- Good availability of dairy products, cheaper, more readily absorbed compared to supplements and fortified foods

Vitamin D:

- Main source is from the sun
- Food sources:
 - Margarines fortified with Vitamin D
 - Fatty fish (salmon, sardines, etc)
 - Bread
 - Egg (yolk)
 - Mushrooms grown in the sun

Vitamin B12:

- Food sources:
 - Liver (richest source)
 - Meat and meat products
 - Shellfish, fish
 - Milks, yoghurts, cheese
 - Eggs

Increase the amount of fibre into everyday eating:

- Wholegrain bread and cereals
- Fruits and vegetables
- Nuts and seeds
- Beans and legumes

6-8 glasses of fluid (water, milk, tea, coffee, juice, soup, etc)