



Whole Food Nutrition Support

For Aging Gracefully



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Three squares in green, orange, and red are arranged horizontally.

Objectives

- Identify macro and key micronutrient needs for seniors
- Describe the role antioxidant rich foods play in an aging population
- List whole food sources of key micronutrients including antioxidants
- Describe food preparation methods to help increase nutrient intake from whole foods

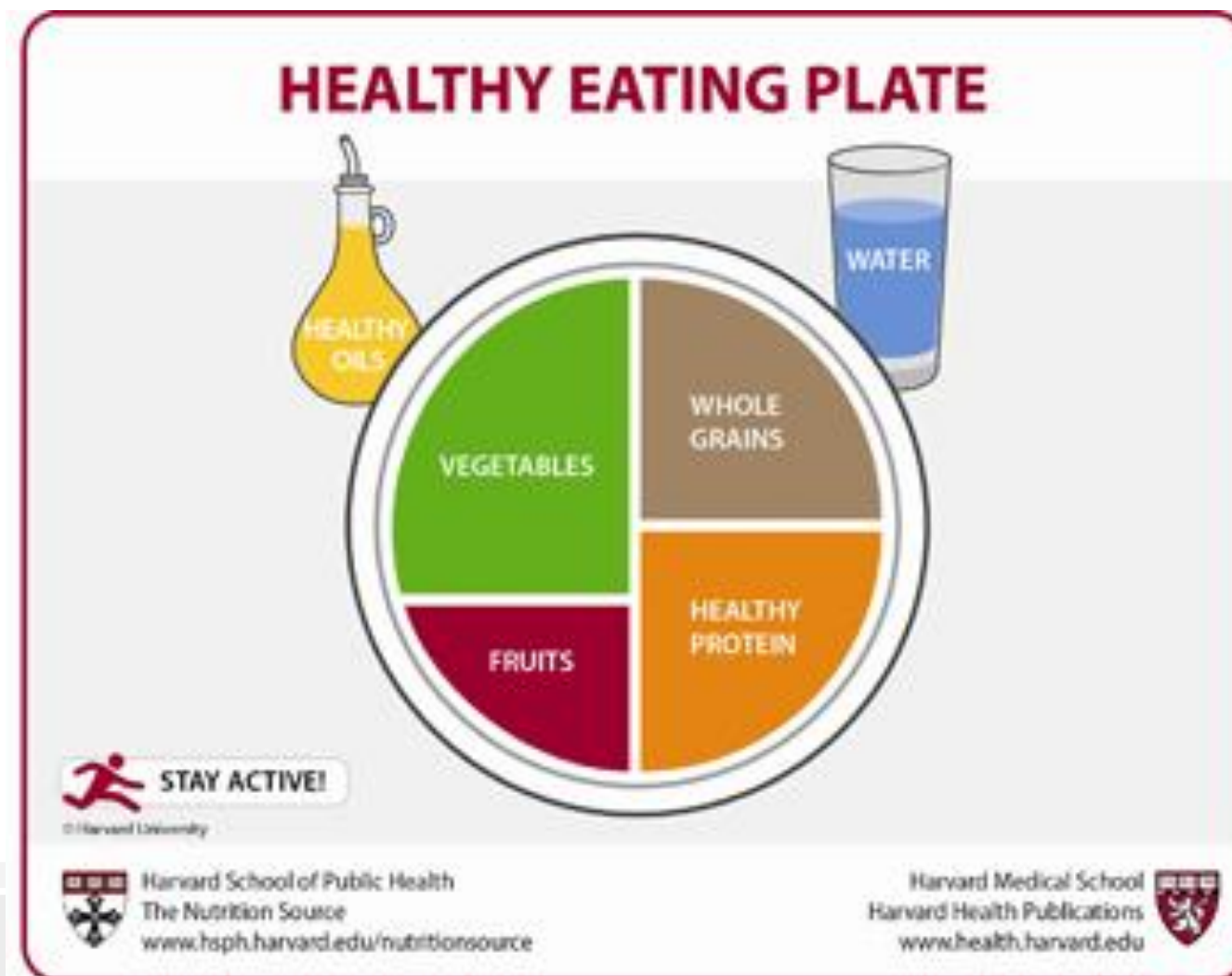


Challenges with Aging

- Weight Loss / Weight Gain
- Lack of Appetite
- Difficulty Chewing / Difficulty Swallowing
- Increased Healing Time from Minor Illness / Injury
- Osteoporosis/Diabetes/ Heart Disease/ Cancer /
Osteoarthritis / Sarcopenia / Macular Degeneration
- Alzheimer's / Dementia



Healthy Eating Plate





Macronutrients

- Protein – 15-35% / day
 - fish, poultry, beans, nuts, eggs, limit red meat; avoid bacon, cold cuts, and other processed meats
- Carbohydrates – 35-55% of calories /day
 - vegetables, fruits, whole grains
- Fats – 30% of total calories (< 10% saturated fat)
 - Nuts, seeds, olives, avocado, coconut, butter from grass fed cows
- Fiber – 45 gms per day
 - Vegetables, fruits, whole grains, beans, seeds
- Water – 1.5-2 L /day
 - water, herbal teas, fruits and veggies

Key Vitamins – whole food sources

- Vit A (700/900 mg/day - men/women) sweet potatoes, carrots, spinach,
- Vit C – (90/75 mg/day – men/women) red and green peppers, kiwis, oranges and other citrus fruits, strawberries, broccoli, tomatoes
- Vit D – (**Adults ages 19-70:** 600 IU/ day; **Adults age 71 and older:** 800 IU per day) fish liver oils, fatty fish,
- Vit E – (15 mg/day) sunflower seeds, almonds, peanut butter, vegetable oils
- Vit K – (120/90 mg/day – men/women) red meats, some seafood
- B 12 – (2.4 µg /day) fish, poultry, meat, milk, cheese, yogurt

Key Minerals – whole food sources

- Ca (1200 mg/day) milk, yogurt, hard cheeses, almonds, kale
- Mg (320 / 420 mg/day – men/women) green leafy vegetables, nuts, dairy, soybeans, potatoes, whole wheat, quinoa
- Zinc (11 / 8 mg/day – men/women) - red meats, some seafood
- Iron (8/mg/day) beans, lentils, beef, turkey (dark meat), soy beans, spinach
- Folic Acid {*folate*} (400 µg/day) dark, leafy vegetables; whole grain breads; fortified cereals

Problem – Free Radicals

THE FREE RADICAL PROBLEM

Each day we are exposed to free radicals—many of the physical effects we call aging are a result of free radical damage, and no matter how healthy you try to be, you receive free radical damage every single day.



When left unchecked, free radical damage to your cells accumulates and can lead to serious health concerns later in life. In fact, free radical damage can cause premature aging and is a large factor in the deterioration of health over time.

FREE RADICAL DAMAGE

A visual example of free radical damage is when you slice an apple and it turns brown. This natural process is called oxidation. As oxygen interacts with cells of any type – an apple slice – oxidation occurs.



NORMAL OXIDATION

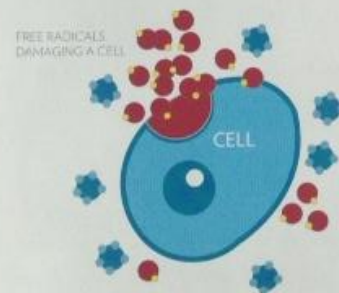
Nature's Solution - Antioxidants

NATURE'S SOLUTION

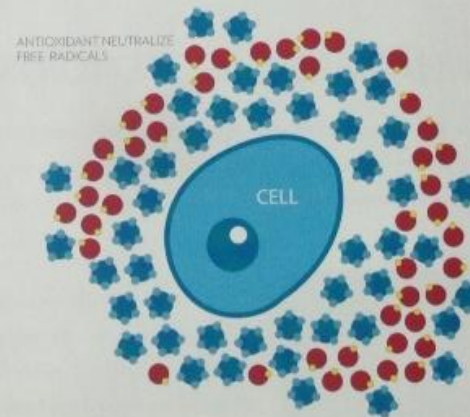
Antioxidants are your first defense against free radicals—they freely share their electrons and stop the degenerative chain reaction of free radicals. Our bodies naturally generate some antioxidants, however, new research shows additional sources of antioxidants may provide added protection against a growing onslaught of free radical invaders.



FREE RADICAL DAMAGE



ANTIOXIDANT PROTECTION





Rainbow of Antioxidants

- Lycopene – **reds**
 - Tomatoes, watermelon, pink grapefruit, beets, strawberries, raspberries, cherries, goji berries, pomegranate, red onions, and red cabbage.
- Alpha & Beta Carotene – **oranges**
 - Winter and summer squash, pumpkins, papayas, apricots, peaches, oranges, carrots, cantaloupes, sweet potatoes, yams, persimmons.



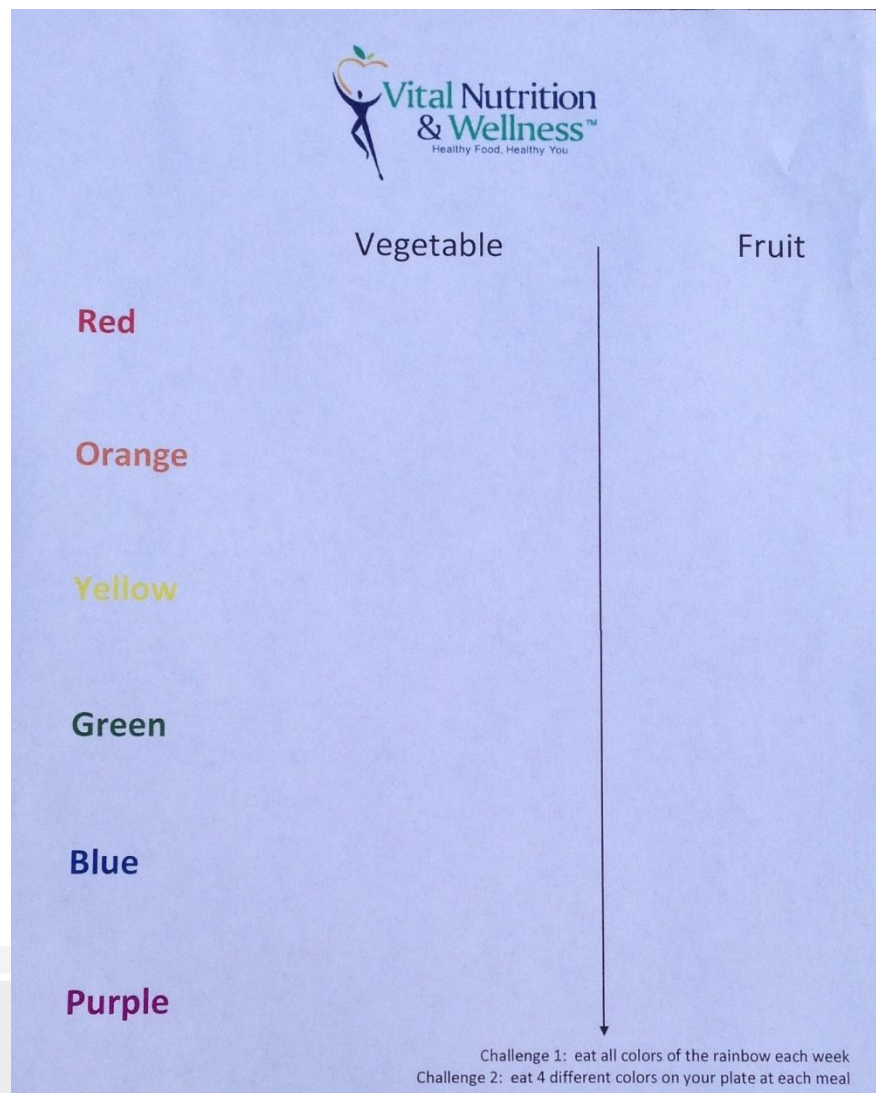
Rainbow of Antioxidants


- Lutein, Zeaxanthin & Meso Zeaxanthin – **yellows** & **greens**
 - Orange peppers, yellow corn, spinach and other greens, Brussels sprouts, broccoli, green beans, zucchini, cabbage, peas, avocados.
- Anthocyanins– **blues**, **purples**, **violets**
 - Grapes, eggplant, prunes, plums, red and black currants, blueberries, red cabbage, beets, figs, cherries.

“The amount of antioxidants that you maintain in your body is directly proportional to how long you will live.” *Dr. Richard Cutler, NIH*



Eat a Rainbow of Plants




Healthy Food, Healthy You

	Vegetable	Fruit
Red		
Orange		
Yellow		
Green		
Blue		
Purple		

Challenge 1: eat all colors of the rainbow each week
Challenge 2: eat 4 different colors on your plate at each meal



Eat FOOD for Maximum Nutrition

- Closest to it's natural state
 - Least amount of packaging
 - Least amount of heat
- Eat whole food, NOT necessarily from WHOLE FOODS
- Eat organic when possible – more Vit C & omega 3's
- Reduced exposure to toxins
- Synergies from eating whole foods together, increases nutrient absorption




Menu Planning and Food Preparation

Suggestions to Increase Intake of Key Nutrients

- blending
- juicing
- steaming, lightly sauté or braise vs boiling & frying
- fresh herbs /dried herb blends
- fruits instead of cane/beet sugar
- frozen veggies / fruits
- use pre-cut fruit veggies for convenience
- add dips and sauces

Food and Activity Log

 Vital Nutrition & Wellness™
Healthy Food, Healthy You

Meal <small>Record time you ate</small>	Food <small>(Including Vitamins & Supplements)</small>	How Much?	Observations/Feelings
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Water: _____ 8oz glasses (tally the number of 8oz cups/glasses of water/herbal tea)

Exercise: Activity _____ How long? _____ minutes

BM time(s) _____ Consistency _____ hard/soft/runny

Name: _____ Date: _____



Key Kitchen Tools for Aging Populations

- high speed blender like Vitamix, Nutribullet, Ninja
- juicer – Breville,
- toaster oven
- microwave
- cuisinart or other high speed chopper
- crockpot
- freezer

Three solid-colored squares are arranged horizontally: a green square on the left, an orange square in the middle, and a darker orange square on the right.

Favorite Recipes of My Clients Over 50

- So Fancy Fish Pack
- Quinoa with Blueberries & Strawberries
- Chicken in a Pot
- Chili Mac
- Berry Banana Blast - Smoothie
- Curly Kale Chips



Call to Action for HCP's as Caregivers of Patients and Aging Family Members



- Create a *Rainbow List of Favorite Fruits & Veggies* with seniors, their family members and caregivers & post in kitchen and/or senior's room
- Build meals and menus around incorporating more color from vitamin, mineral and antioxidant rich plant foods
 - Fresh is best, but frozen ave. >95% same nutrient content
- Use *Food & Activity Logs* to document what is eaten, when, how much and how tolerated to note patterns - communicate with dietitian and family members to make adjustments accordingly



References

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- WebMD.com, Food Sources of Vitamins & Minerals <http://www.webmd.com/food-recipes/guide/vitamins-and-minerals-good-food-sources?page=2> By [R. Morgan Griffin](#), Reviewed by [Maryann Tomovich Jacobsen, MS, RD](#) on April 01, 2014
- Pharmanex Biophotonic Scanner Brochure, p 3-4



Questions???



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