Nutrition and Health for Older Adults
What changes as we age

- We have less muscle
  - Less energy
- Our bones get thinner
- Our immune system is weaker
  - We are more likely to get infections
  - We cannot taste and smell as much
- We lose teeth and our mouths are dry
- Our kidneys don't work as well
- Our digestive system changes
Changes as we age

After 50 years of age, we need different amounts of some nutrients

- We need more Calcium
- We need more Vitamin D
- We need more Vitamin B6

Women need less Iron
Common Health Problems

- Heart Disease
- Cancer
- Diabetes (type 2)
  - People over 55 years are twice as likely to have Type II diabetes
- Osteoporosis
  - 1 in 4 women over 50 years have osteoporosis
  - 1 in 8 men over 50 years have osteoporosis
- Obesity
How to Cut the Risk of Heart Disease and Cancer

- Stop using tobacco
- Eat more vegetables and fruit
- Eat less saturated and trans fats
- Get active
How to Cut the Risk of Diabetes (type II) and Obesity

- Eat foods with less fats and sugars
- Get active
How to Cut the Risk of Osteoporosis

- Eat more foods with calcium and vitamin D
- Get active
Eating healthy and getting active means you are less likely to develop a chronic disease at any age.

It's never too late!