Top 10 Nutrition Tips for Healthy Aging

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Metabolic Syndrome Criteria
Any 3 of the following risk factors:
- Abdominal obesity (waist circumference)
  - men >40 in; women >35 in
- Triglycerides
  - > 150 mg/dL
- High-Density Lipoproteins (HDL Chol.)
  - men <40 mg/dL; women <50 mg/dL
- Blood pressure
  - >130 mmHg systolic (top)
  - >/ 85 mmHg diastolic (bottom)
- Fasting blood glucose
  - > 100 mg/dL
What’s the big deal about Metabolic Syndrome?

- Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke, and diabetes.
- People with metabolic syndrome have
  - 2x risk of **dying of** heart attack/stroke*
  - 3x risk of **having** heart attack/stroke *
  - 5x risk of developing diabetes*

*American Heart Association (http://www.americanheart.org)

What can be done about Metabolic Syndrome?

- Metabolic syndrome can be treated and prevented by
  - Maintaining a healthy weight
  - Eating a heart-healthy diet
  - Getting adequate physical activity
  - Reducing stress
  - Following your healthcare providers' instructions

*American Heart Association (http://www.americanheart.org)
Nutrition for Healthy Aging

- Increased longevity WITH increased quality of life
- Prevention/management of chronic diseases
- Maximize muscle mass and balance to prevent falls and maintain skin integrity to prevent skin infections
- Maintain healthy weight and prevent nutrient deficiencies to increase stamina and immunity

1. Fill Half the Plate with Veggies & Fruit (in that order)

- Blue & Purple-memory function, ↓ risk of some cancers, urinary tract health, promote healthy aging
- Green-Vision health, ↓ risk of some cancers, maintain strong bones & teeth
- Red- Memory function, urinary tract health, heart health, ↓ risk of some cancers
- White/Tan/Brown- Healthy cholesterol levels, heart health, ↓ risk of some cancers
- Yellow/Orange- Vision health, ↓ risk of some cancers, immune system resistance, heart health
2. Watch for sources of hidden fat (gravies & sauces)

- Stick with marinara & vinegar/olive oil vs cream gravies & white sauces
- Baked goods can have more “trans fats” (i.e. partially-hydrogenated oils) and saturated fats
- Excess fats mean excess calories

3. Make more of your fats healthy fats

- **Omega-3 fatty acids**
  - Salmon
  - Walnuts
  - Flaxseeds

- **Monounsaturated fats**
  - Avocado
  - Almonds
  - Olive oil & canola oil
4. Eat 3 calcium-rich foods/day & spend 20-30 min/day outside

- Calcium-rich foods
  - 1% or skim milk
  - 0% fat yogurts (preferably Greek yogurts)
  - Dark, leafy veggies
  - Sardines
- Vit. D
  - 20-30 minutes in sun with arms/legs exposed
  - Without use of sunscreen
  - Also fortified in dairy/soy products

5. Look for Vit. B-12-rich foods

- Fortified cereals
- Fortified breads
- Lean meats
- Some fish & seafood
- Eggs
- Low fat yogurt, milk, or cheese
- Nutritional yeast
6. Look for zinc- & potassium-rich foods

- Zinc (immunity, skin integrity)
  - Nuts & Beans
  - Poultry & Seafood
  - Whole Grains
- Potassium (reduce risk of high blood pressure)
  - Cantaloupe or Honeydew Melon
  - Potatoes
  - Beans
  - Winter Squash

7. Use herbs & spices rather than butter, salt, & bacon to “season” your food

- Try some new spices or some old favorites, but remember your taste for salt, sugar, and fat are acquired tastes
8. Keep your calories in check
- Share meals when eating out
- Or take half home (2 meals for 1 price)
- Chew your calories—don’t drink them
  - Limit to 4-8 oz of liquid calories/day
- Watch your portions
- Avoid 2nd helpings

9. Look for fiber-rich foods
- > 4-5 g/serving or 20-35 g/day
- Fiber is your friend for healthy cholesterol levels and regularity
- Aim for 100% whole grains, not just whole wheat
- e.g. ½ c raspberries (8 g) + ½ c pinto beans (7 g) + 6 oz sweet potato (7 g) = 22 g of fiber
10. Keep lean proteins on the scene

- Chicken (white meat)
- Fish (canned light tuna, salmon, sardines, trout)
- Lean turkey
- Leanest cuts of beef (sirloin, top round, bottom round steak)
- Dried beans & lentils

Notable

- **Vit. A** (skin, tissues, immune function)- sweet potatoes, carrots, kale, spinach
- **Vit. C** (stimulates antibody formation, boosts immunity)- oranges, grapefruit, strawberries
- **Vit. E** (antioxidant, immune function)- fortified cereals, sunflower seeds, almonds, hazelnuts, PB, spinach
- **Good hydration** (91(women)-125 (men) oz liquid/day (Institute of Medicine)
Any Questions?

References
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