



Live Oak Caregivers

Caring Connection

Good Nutrition For Seniors

One of the most important concerns for senior citizens is getting enough fresh fruit and vegetables, fiber and protein. There are many delicious foods that provide good nutrition to help aging bones stay strong.

Foods That Are Good For Elderly People

Begin with the basics - a balanced meal, which constitutes:

- Carbohydrate-rich foods like sweet potatoes and brown rice
- Protein-rich foods like salmon and beans
- Fruits and vegetables (five portions a day)

Besides this, you can prepare meals rich in the following nutrients:

Foods High In Omega-3 Fatty Acids

These fatty acids are important for people of all ages including elderly people as they help prevent inflammation which can cause cancer, rheumatoid, arthritis, and heart disease. They can be found in fish mainly sardines, Tuna, Mackerel, and Salmon. They are also found in flaxseed, soybeans, canola oil, and walnuts.

Foods Rich In Calcium

Calcium helps our bodies build and maintain healthy bones. It has also been known to lower blood pressure. Unfortunately, surveys have shown that as we grow older we consume less calcium. Foods rich in Calcium are mainly dairy products such as milk, yogurt, and cheese, as well as in leafy green vegetables and cereals fortified with calcium.

Foods Rich In Fiber

Foods rich in fiber promote proper digestion by moving food through the digestive tract. These foods have also been known to reduce the risk of heart disease. Foods rich in fiber include nuts, wholegrain cereal, wholegrain bread and pasta, brown rice, brown bread, fruits, and vegetables.

Foods Rich In Iron

Iron plays a vital role in the body. It produces hemoglobin which carries oxygen in the blood from the lungs to the rest of the body. When you are not consuming enough iron, there's a limited supply of oxygen to the body tissues. This results in feeling tired and lethargic.

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Water

According to a pyramid for older adults created by researchers from Tufts University, drinking eight glasses of water daily was next to physical activity in importance to health. Dehydration causes drowsiness and confusion among other side effects so it is essential to stay hydrated. If you are taking the recommended high fiber diet, you need to drink a lot of water this is because fiber absorbs plenty of water.

The surest way to check for dehydration is to observe your urine. If it is light and transparent, that means you are hydrated, if it is dark or bright yellow and cloudy that is a sign of dehydration. There is an exception for seniors with kidney or liver disease; please consult your healthcare provider about a suitable amount of water for you.

Foods Rich In Vitamin C

Vitamin C has antioxidant properties which are believed to prevent cancer and heart disease. It is also involved in the production of collagen, which gives your skin elasticity and gets rid of dead skin cells giving you healthy skin. It also helps repair bones and teeth and aids in healing wounds. This essential vitamin can be found in fruits and vegetables. Supplements are also available with approval from your healthcare provider.

Foods Rich In Vitamin D

Vitamin D aids in the absorption of calcium in the body slowing down the rate at which bones lose calcium. It aids in the maintenance of bone density; therefore, preventing osteoporosis. Some foods come fortified with it such as cereals, milk, yogurt, and juices. Naturally, vitamin D is found in eggs and certain fish (salmon and tuna). A vitamin D deficiency also increases your chances of falling.

Foods Rich In Potassium

Surveys show that many older Americans do not take the recommended 4700 mg of potassium daily. Potassium aids in cell function reduces blood pressure and lowers your chances of kidney stones. It is also believed to strengthen bones. It is found in fruit and vegetables like bananas, prunes, and potatoes. While lack of potassium is a problem, too much of it is dangerous, so consult your doctor before getting started on supplements.

Source: National Council for Aging Care Read more at:
<https://www.aging.com/elderly-nutrition-101-10-foods-to-keep-you-healthy/>