

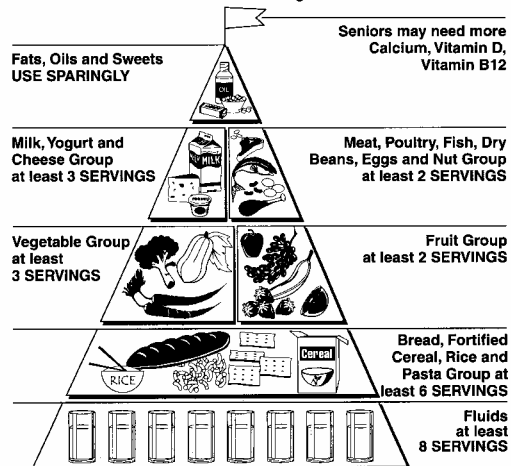
NUTRITION COUNSELING

The Journey Through Caregiving

Age-related changes that affect eating and nutrition include:

- Vision
- Hearing
- Taste and smell
- Thirst
- Body composition changes

Senior Food Guide Pyramid

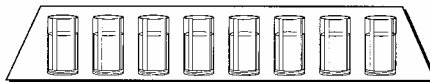


Fluids

At least 8 glasses every day

One serving is:

**8 ounces (1 cup) of water,
100% juice, milk,
decaffeinated tea
or decaffeinated coffee**





Bread, Fortified Cereal, Rice and Pasta Group

At least 6 servings

One serving is:

- 1 slice of bread**
- ½ roll or English muffin**
- ½ cup cooked rice or pasta**
- ¾ to 1 cup dry cereal**
- ½ cup cooked cereal**
- 3 graham crackers**

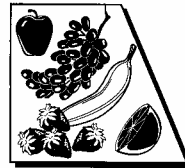


Fruit Group

At least 2 servings

One serving is:

- 1 medium piece
of fresh fruit**
- ½ cup canned fruit**
- ¼ cup dried fruit**
- 6 ounces (¾ c.) 100% fruit juice**





Vegetable Group

At least 3 servings

One serving is:

- ½ cup raw or cooked**
- 1 cup leafy greens**
- 6 ounces (¾ c)
vegetable juice**



Milk, Yogurt, and Cheese Group

At least 3 servings

One serving is:

- 1 cup lowfat milk**
- 1 cup lowfat yogurt**
- 1½ oz natural hard cheese
(like cheddar, swiss)**
- 2 oz processed cheese (American)**





Meat, Poultry, Fish, Egg, Bean, Nut and Seed Group

At least 2 servings

One serving is:

**2-3 ounces lean meat,
poultry or fish**

2 eggs

1½ cup cooked beans

1½ cup tofu



Important nutrients for Seniors

- Calcium
- Vitamin D
- Vitamin B12
- Fiber
- Fluids and Water



Tips to add some mealtime sparkle:

- Eat by a window and use your best dishes for every day.
- Eat a lunch in the park or on your patio.
- Use frozen prepared dinners for added variety and convenience.
- Treat yourself to a meal out.




Tips to add some mealtime sparkle, cont:

- Invite a friend to a potluck dinner.
- Attend the nutrition program for the seniors and enjoy meals in the community.
- Prepare a new (nutrient dense) recipe each week and invite friends over for a tasting party.



Why are Seniors at risk for foodborne illness?

- Immune system declines with age
- Chronic diseases and surgery can decrease body's ability to fight infections
- Stomach becomes less acidic
- Digestion slows
- Malnutrition is more common



If you suspect that you or a family member has foodborne illness, follow these general guidelines:

- Preserve the evidence.
- Seek treatment immediately.
- Call the local health department if the suspect food was served at a large gathering.



Seniors should avoid these foods whenever possible:

- Raw or unpasteurized milk and cheeses
- Soft cheeses including Feta, Brie, Camembert, and Blue-veined
- Raw or lightly cooked eggs
- Raw meat, poultry and fish
- Alfalfa sprouts
- Unpasteurized fruit and vegetable juices



Rules for eating out safely:

- Look for cleanliness of the entire restaurant.
- Avoid the same foods at a restaurant as you would at home.
- Always order your food “well done.”
- Refrigerate “doggie bags” within 2 hours.
- Reheat leftovers to at least 165 degrees until hot and steaming.



Four steps to food safety:

- Clean
- Separate
- Cook
- Chill



Ways bacteria can be spread throughout a kitchen

- Dishrags and sponges
- Cutting boards used to cut up meat before salad ingredients
- Kitchen shears to open meat packages before salad bags
- Handling pets before preparing food
- Putting grilled food back on the plate/pan that held raw meat
- Thawing meat above ready-to-eat foods in the refrigerator



Ways to cool foods fast:

- Cool in shallow containers no more than 2 inches deep for thick foods.
- Put container on an ice bath in the sink and stir.
- Cut up pieces of meat like roasts, turkey, and ham into smaller pieces.
- Unwrap leftover foil-wrapped baked potatoes before refrigerating.



Tips for safe handling of Fruits and Vegetables:

- Wash hands with warm water and soap for at least 20 seconds before and after handling food.
- Rinse raw produce in warm water.
- Use smooth, durable, and nonabsorbent cutting boards that can be cleaned and sanitized easily.
- Wash cutting boards with hot water, soap, and scrub brush to remove food particles.
- Store cut, peeled, and broken-apart fruits and vegetables in the refrigerator.