



Nutrition for Healthy Aging

Hokie Wellness

Today's Agenda

1

What is healthy aging?

2

How does nutrition play a role in aging?

3

Physical Activity

4

Other beneficial lifestyle habits

Aging & Healthy Aging



What is “Healthy Aging?”



Aging – the impact of time on the human body, consisting of a progression of physiologic changes.

Healthy aging - the process of developing and maintaining the functional ability that enables well-being in older age.

Fun Fact

By 2030, almost 20% of the population will be 65 and older!



What are Common Changes Associated with Aging?

1

Changes in bone density
and/or muscle mass

2

Increase or decrease in body
weight, sometimes
unintentionally

3

Compromised immunity

4

Gastrointestinal changes

5

Change in food preferences,
taste, smell, appetite, etc.

6

Nutrient needs increase but are
affected by multiple factors

How Does Nutrition Impact Aging?



Benefits of Nutrition

1

Preserve bone health

2

Prevent age-related muscle loss

3

Promote brain health

4

Prevent/manage chronic disease

5

Support immune system

6

Support gut health





1

Preserving Bone Health

Calcium

Recommended intake

- 1200 mg recommended for females >51 years and adults >71 years old
- 1000 mg recommended for males >51 years old

Where can I find it?


- Dairy products
- Spinach and broccoli
- Tofu, soybeans
- Calcium fortified foods such as oatmeal, cereal, breads, etc.

Vitamin D

Recommended intake

- 15 mcg per day >51 years old
- 20 mcg per day >71 years old

Where can I find it?

- Natural sunlight
 - Egg yolks
 - Seafood such as salmon, sardines, etc.
 - Fortified milk
 - Supplement, if necessary
- 

2

Prevent Muscle Loss

Consume adequate protein!

Protein prevents the loss of lean muscle mass.

Recommended Daily Intake

- 46 grams/day for females
- 56 grams/day for males

Choose from a variety of protein sources

- Seafood
- Meat, poultry, and eggs
- Nuts, seeds, and soy products
- Beans, peas, and lentils
- Dairy





3

Promote Brain Health

Antioxidants

Supports cognitive function and reduces inflammation

Add them to your diet with these foods

- Berries, such as raspberries, blackberries, and strawberries
- Beans, such as red beans, kidney beans, and pinto beans
- Nuts, such as pecans, almonds, and walnuts

Anti-Inflammatory Foods

Prevents age-related cognitive decline

Add them to your diet with these foods

- Tomatoes
- Fruits, such as blueberries, cherries, and oranges
- Green leafy vegetables, such as spinach and kale
- Fatty fish, such as salmon, tuna, and mackerel



4

Prevent and Manage Chronic Disease

Chronic Disease – Medical conditions progressing longer than one year, requiring ongoing medical care, and/or limiting activities of daily living

Heart Disease, Cancer, Stroke, Alzheimer's Disease, Diabetes, Chronic Kidney Disease

What can you do?

1. Consume a balanced diet of fruits and vegetables, whole grains, lean protein, and low-fat dairy products.
2. Limit sodium and added sugar intake by reducing consumption of ultra-processed foods.
3. Swap out sugar-sweetened beverages with water.





5

Support a Healthy Immune System

- **Vitamin B12** – Supports immune cell health and energy levels
 - Fish, eggs, milk, poultry, and fortified cereals
- **Vitamin C** – Can reduce the duration and severity of respiratory tract infections
 - Citrus fruits such as oranges, kiwi, lemon, and grapefruit
- **Vitamin D** – Boosts immune cell production
 - Fatty fish such as salmon and tuna
- **Zinc** – Promotes inflammatory response to protect against illness
 - Legumes such as chickpeas, nuts, seafood such as oysters



6

Promote Gut Health

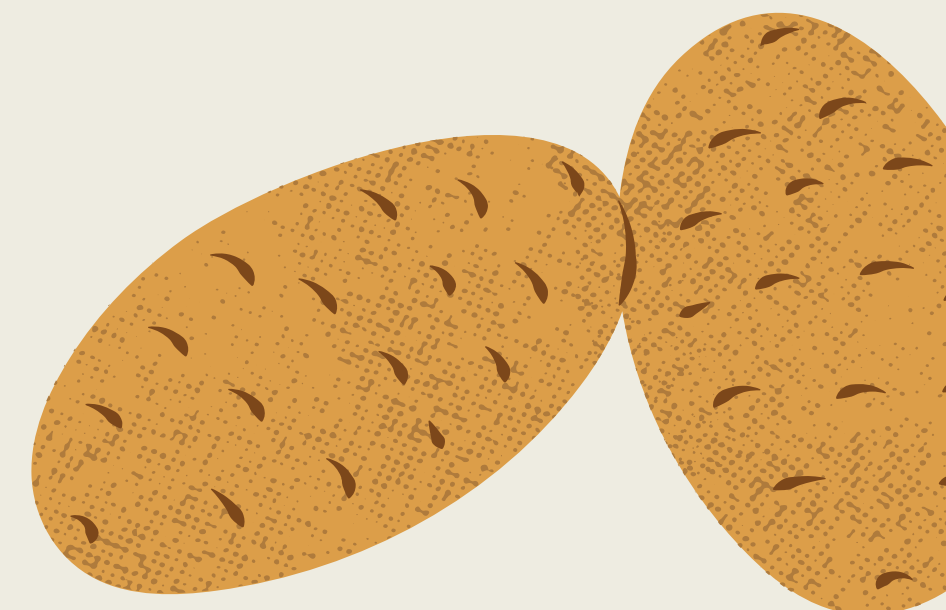
Gut health is crucial for brain health and immune system support

Promote gut health and reduce inflammation with these foods

- Fruits and vegetables
- Whole grains
- Fiber
- Nuts and legumes
- Olive oil

Fun Fact

70% of our immune system is located in our gut!



Physical Activity

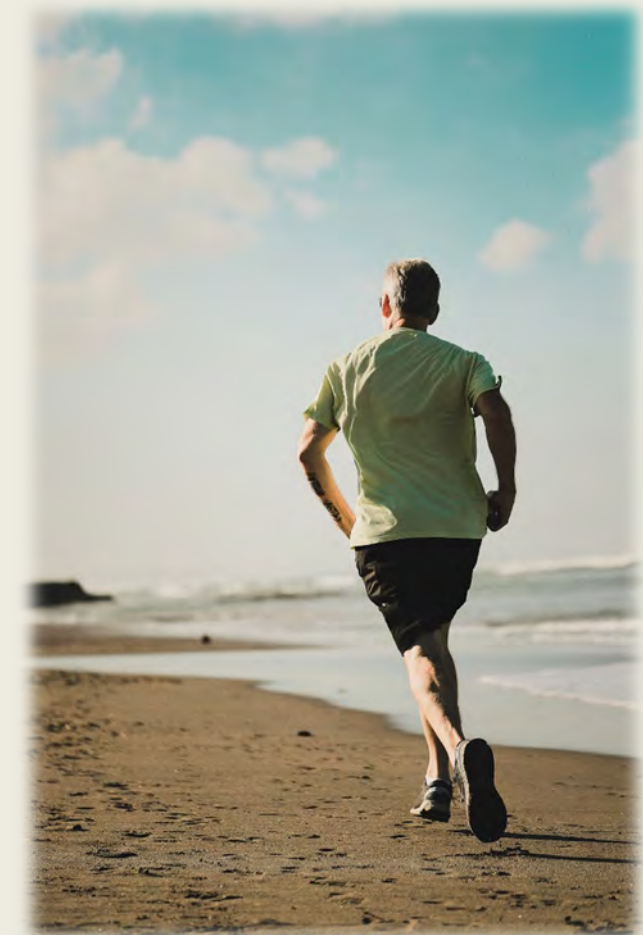


Why is Physical Activity Important?

- Regular physical activity is one of most important things you can do for your health.
- Prevents/delays the onset of many chronic diseases associated with age.
- Supports independence in activities of daily living.

Physical Activity Recommendations

1. 150 minutes a week of moderate-intensity activity (brisk walking)
or 75 minutes of vigorous-intensity activity (hiking, jogging, running)
1. Two days a week of muscle-strengthening activities
2. Balance exercises such as standing on one foot

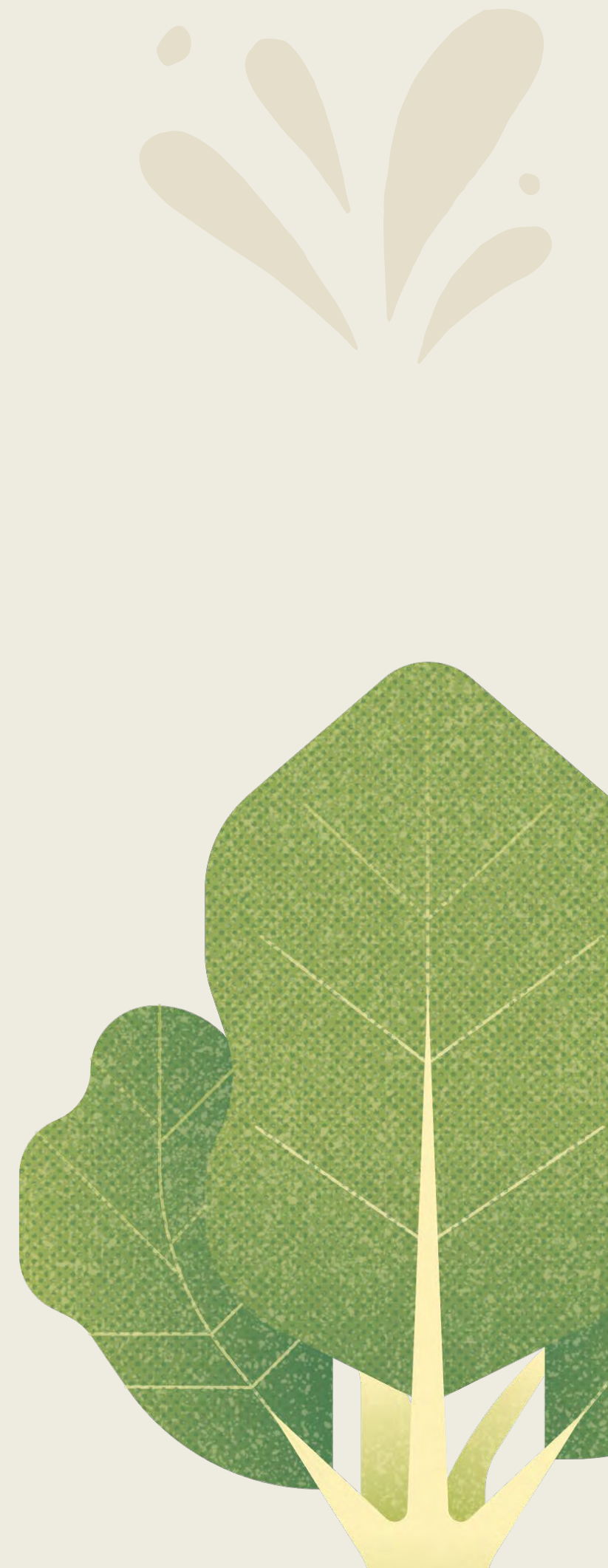


Other Beneficial Habits



Beneficial Lifestyle Habits

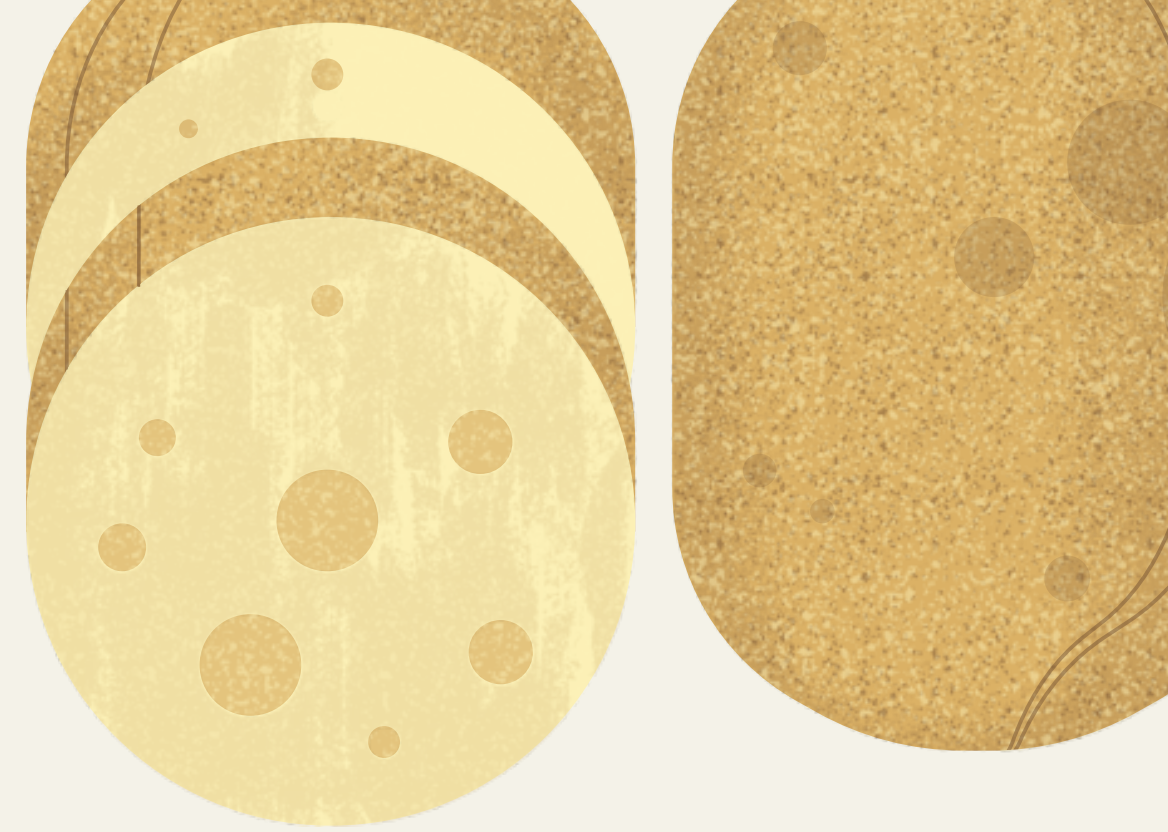
1. **Hydrate** with 7-8 cups of fluid per day
2. **Quality sleep** of 7-9 hours each night
3. **Stress management**
Yoga, journaling, other self-care strategies
4. **Stay connected** with a support system
5. **Keep up to date** with doctor's appointments and regular check-ups
6. **Keep moving** in ways that feel good to you
7. **Continue learning**, challenge your brain



The background features several stylized green leaves of different shapes and sizes, some with prominent veins. In the bottom right corner, there is a purple vegetable, possibly a radish or turnip, with three green leaves growing from its top. The central text is contained within a light beige rounded rectangle.

Discussion

What suggestions in this presentation do you feel you could incorporate into your life each day?



Questions?

