

## THE ESSENTIAL NUTRIENTS: WHY WE NEED IN AGEING

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### INTRODUCTION

Ageing is a slow, continuous procedure of natural change that begins in early adulthood. During early middle age, many bodily functions begin to gradually decline. As we get older, our diet and activity may change but they are just as important as ever. Older adults still just as many vitamins, minerals, protein and other nutrients- some time more. some nutrients are especially important like the vitamins B12, folate and D, the minerals iron, calcium and potassium, as well as protein and fiber. Good nutrients gives you energy and can help you control weight; prevent some diseases, such as osteoporosis, high blood pressure, diabetes and certain cancers. For example, eating nutrients-rich food and taking the appropriate supplements can help keep you healthy as you age.

The definition of healthy eating change a little as you as. For example, as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients. That means it's more important than ever to choose foods that give you the best nutritional value.



Healthy eating habits and proper nutrition not only includes the process of food intake but it also includes adsorption, digestion, biosynthesis, catabolism and excretion of food. The elderly tend to have more trouble with digestion and absorption of food, lower intake of nutrients rich foods due to oral health, inability to chew, mouth dryness and decreased appetite, which increases their risk of malnutrition.

Nutritional Therapists have indicated that if the orderly's diet is low in nutrient-rich and antioxidant properly foods, uncontrolled oxidative stress can accelerate the aging process.

**Let's support older adults in healthy eating:** Similar to other life stages, family, health professional and friends can support older in achieving a healthy dietary pattern that fits with their budget, preferences and traditions. Additional factors to consider when supporting healthy eating for older adults:

**Food safety:** Food safety practicing safe food handling is especially important for this age group. The risk off food borne illness increases with age due to a decline in immune system function.

## EATING AT HOME

**Enjoyment of food:** Sharing meals with friends and family can increase food enjoyment and provide a great opportunity to share a lifetime of stories, all while improving dietary patterns.

**Ability to chew or swallow foods:** Experimenting with different ways of cooking foods from all food groups can help identify textures that acceptable, appealing and enjoyable for older adults-Especially those who have difficulties chewing or swallowing. Good dental health is also critical to the ability to chew foods.

**Healthy Indian soft food for senior citizens:** it becomes difficult to take care of elderly nutritional needs if they do not have teeth. Old age is not easy. There is multiple physical and mental health challenges that old population has to deal with. One of the biggest challenges is losing their teeth. Teeth are connected to eating foods, which provides the body with all the required nutrients. Not having teeth limits their options but that does not mean they have to compromise on nutrition.



There are certain soft foods that can be offered to such elderly people. These are also high in nutrition, which makes it a win-win situation for the family. There is variety of soft food:

**Smoothies:** are helpful for the elderly as they are packed with fruits and vegetables and you can have them without even chewing.

**Cheese or Paneer:** is a super healthy addition you can make to take senior citizen's diet. It is rich in protein and has calcium, which is helpful for them. Paneer also helps in regulating blood sugar levels.

**Yoghurt:** is truly a meal in itself. It's great source of calcium, protein and potassium. It also has lactobacillus that can keep one's digestive tract healthy and helps in combating any yeast infection.

**Eggs:** are packed with protein, which can help build muscles. You can make scrambled eggs just by using eggs white to keep cholesterol levels under check.

Soft foods are nutritious in that they provide fibbers, protein, carbohydrates, and more. It is important for seniors to get these nutrients when they have chewing issues to maintain a healthy weight and keep the nutrients flowing through the body. Soft foods are also usually low in calories, so the elderly can feel full and not too many calories in one sitting. Soft food helps boost the immune system in seniors and helps prevent sickness and diseases.

We have compiled a list of the best and quick and healthy recipes for senior citizens.

**Besan Pranthas:** are filled with iron, fibre and vitamins, which makes them one of the best nutritional snacks for the elderly.



**Besan Prantha**

**Ragi Upma:** is a common breakfast dish in the western and southern parts of India. It is easy to prepare and offers great nutritional value.



**Ragi Upma**

**Pineapple Juice:** is a nutritional fruit that contains essential vitamins and may even boost immunity.

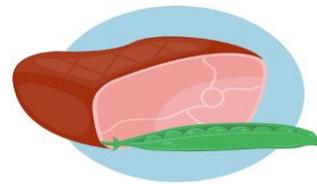


**Pineapple juice**

## A HEALTHY DIET PLAN FOR SENIOR CITIZENS

**Oatmeal:** is prepare and can be a great way to start the day. Add some brown sugar or cinnamon on top of your oatmeal for some extra sweetness and flavour. You may also want to add fruits or nuts on the top as well.

**Folic Acid:** Is important in DNA synthesis and amino acid metabolism. Deficiency causes anaemia and diarrhoea. The sources are folate are green leafy vegetables, fruits, nuts, beans, peas, dairy products, seafood, poultry, meat, and fortifies foods such as bread and pasta.



Iron helps in the transportation of oxygen to through haemoglobin and myoglobin. Iron stores also affect immunity cognition and muscle function. Anaemia is the bmost common causes of nutrition-related anaemia among the instituationalised or chronically ill elderly.

There are many benefits to soft foods for the elders having difficulty chewing so

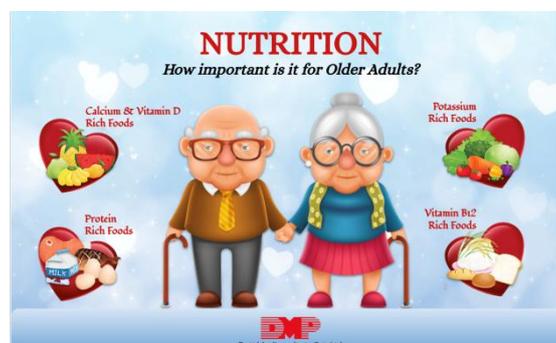
**Soft foods reduce risk of Malnutrition and weight loss-** soft foods are often rich in nutrients, like minerals, antioxidants and vitamins essential for a healthy diet.

**Improve Hydration:** soft foods frequently have better water content than hard foods, making them a healthier option.

**Reduce risk of falls and injuries:** most soft foods don't require much preparation, which makes is easier for the elderly to prepare their meals and keep their independence in the kitchen.

**Soft foods comfort food:** Soft food can be a good alternative for people who don't like changing their diet and enjoy soft foods already. Making them a part of the diet can help reduce frustration and provide more comfort in the diet itself. Many of the softer foods that your loved one enjoys are often comfort foods, too which can help relieve anxiety and stress.

**Have fewer Calories:** A lots of soft foods have a lower calorie content than hard meal, they can help seniors reduce their caloric intake. This is beneficial foe people trying to slim down since they will be eating fewer calories.



### BE SURE TO EAT AT LEAST THREE MEALS A DAY

Skipping meals has been found to be a risk factor for malnutrition among the elderly. One should make sure not to skip breakfast, which breaks the fast of that night and prevents hunger and controlled eating during the day.

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## **YOU FIND THE BEST FOODS FOR YOUR BODY AND YOUR BUDGET.**

1. Know what a healthy plate looks like
2. Look for important nutrients
3. Read the Nutrition facts label
4. Use recommended servings
5. Stay hydrated
6. Stretch your food budget

**Another way to eat healthy: Try out a grocery or meal delivery service.** Did you know grocery delivery services allow you to select your groceries online and have them delivered to your door, potentially helping you avoid impulse buys? And that meal delivery services can either healthy prepared meals or whole ingredients with unique recipes delivered to your home? If you have not tried out either service yet, consider learning.

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