



Age Well Series

Revitalize and Thrive

Nutrition Essentials for Older Adults



About WIHA

- **Mission:** To improve the health and well-being of all people as they age by disseminating evidence-based programs and practices, and engage in collaborative public health strategies in Wisconsin and beyond.
- <https://wihealthyaging.org>
- **Age Well Newsletter**



Thanks to Our Sponsor!



Introduction to Speaker

Pam VanKampen

Registered Dietician

Greater Wisconsin Agency
on Aging Resources
(GWAAR)





Greater Wisconsin
Agency on Aging Resources, Inc.

GWAAR Nutrition Team

***Take a
NOURISH Step
with me...***

Pam VanKampen,
RDN, CD





Image by [Pexels](#) from [Pixabay](#)

Food Is...

- Energy/Fuel
- Love/Memories/
Emotions
- Health
- Healing
- Delicious
- Stressful
- Guilt/Shame
- Easy to Access
- Processed

Why NOURISH Step was created

Nutrition can be a *very complicated and confusing topic.*

SIMPLE, Easy to remember, practical, and positive that becomes a **mindset.**

Gateway to information. You choose what step(s) to take and how far you want to dive into it.

7 Key Principles to build a strong nutrition foundation.

Conversation starters to share with others.
(Did you know...)
Applies to any age!

The best we can do each day is strive to take a NOURISH Step.

Take a **NOURISH** Step

Taking small steps can help strengthen your nutrition foundation.

It can help you stay strong, have more energy, elevate your mood, think clearer, prevent or control illness, heal quicker, have less pain, and more!

Nutrient Rich Foods

Focus on color & variety!

Omega-3s & Healthy Fats

For heart, body, & mind!

Understand

How food fuels & affects us.

Recipes & Meal Ideas

Simple and practical.

Increase Protein & Fiber

For muscle health, gut health, and blood sugar control.

Sugar & **S**odium Awareness

Understand their impacts and alternatives for each.

Hydrate

To look, think, & feel great!



If you want more pep, take a NOURISH Step!

Visit www.gwaar.org/nourishstep to learn more.

“If you want more pep,
take a NOURISH Step!”

- www.gwaar.org/nourishstep



Food is the Biggest Drug We Put in Our Bodies.

Inform your healthcare provider if you make any dietary changes, as they may influence your medications.

Please submit any questions you have regarding nutrition and the NOURISH Step initiative.

Your input, including questions, comments, and suggestions, will assist us in developing our Nutrition Education materials for 2025-2027. These materials will be released monthly beginning in January 2025.

Thank you!

Pam VanKampen, RDN, CD, GWAAR
Nutrition Team

NOURISH Step Question and Feedback



The NOURISH Step I want to Take is...

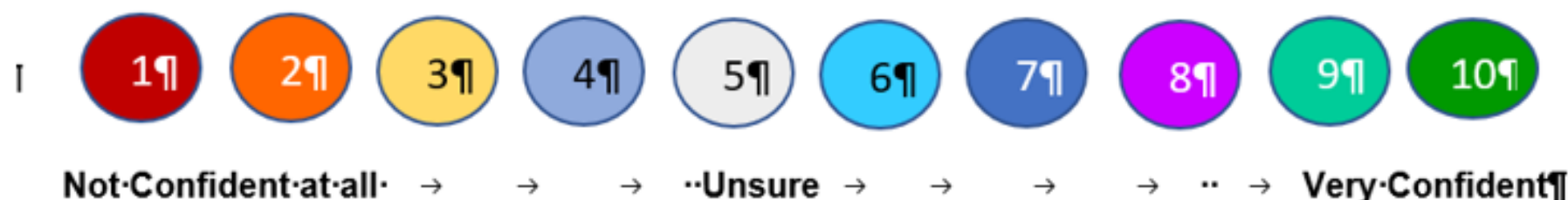
Use this simple tool to help you develop an Action Plan to take the NOURISH Step of your choice.

The NOURISH Step I want to Take is...

This week I will:

- What you are going to do: _____
- How much are you going to do: _____
- When are you going to do it? _____
- How many days a week?: _____
- What is your confidence level? (1 to 10) _____

If your confidence level is less than 7, what can you modify to make it more achievable?



Take a **NOURISH** Step

Nutrient Rich Foods

As we age, our nutrition needs change. Generally, our bodies require fewer calories yet more of certain nutrients like calcium, vitamin D, potassium, and vitamin B12. Eating a variety of colorful, whole foods can ensure that nutrient needs are being met.



Eat the rainbow for great reward!
Choosing fruits & vegetables of different colors is a simple way to include a variety of key nutrients in your diet.

Include plenty of **WHOLE** foods. Frozen or fresh, foods closest to their form at harvest typically contain more vitamins, minerals, & fiber.

Great source of calcium!



Choose in-season produce for the best quality, nutrition, and taste!
Bonus: it's cheaper, too!



If you want more pep, take a NOURISH Step!

Visit www.gwaar.org/nourishstep to learn more.

Older adults are at higher risk for several nutrient deficiencies.

This is due to changes in nutrient requirements, as well as changes in how some nutrients are absorbed and used by the body. Being aware of key nutrients for your age group (and where to find them) can help you make more informed decisions that protect your body & mind.

ENERGY

As we age, we require fewer calories for regular functioning. This means we must meet our nutrient needs with more nutrient-dense foods.



NUTRIENT DENSITY

To ensure all your nutrient needs are being met focus on the inclusion of more nutrient-dense foods can be a helpful strategy. **So, what exactly is nutrient density?**



Nutrient-dense foods and beverages *naturally* contain vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium. Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when prepared with no or little added sugars, saturated fat, and sodium— are all nutrient-dense foods.

Want to Learn More about Vitamins & Minerals.

What are they? What do they do? What foods are rich in them and more...

<https://www.nia.nih.gov/health/vitamins-and-supplements/vitamins-and-minerals-older-adults>

For More Information:

<https://www.myplate.gov/life-stages/older-adults> and

<https://www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults>



If you want more pep, take a NOURISH Step!

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Nutrient Dense- Make Every Bite Count!

- Nutrient-dense foods and beverages naturally contain vitamins, minerals, and other health-promoting components and have little added sugars, saturated fat, and sodium.
- Vegetables, fruits, whole grains, seafood, eggs, beans, peas, and lentils, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—*when prepared with no or little added sugars, saturated fat, and sodium*— are all nutrient-dense foods.
- Eat color and seasonal
- Fresh, Frozen, Dried can all count

What are Vitamins & Minerals

- **Vitamins** are important substances that our bodies need in small amounts to work properly. Since our bodies can't make enough of them, we have to **get them from the food we eat**.
- **There are 13 essential vitamins** — vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate).
- **Minerals** are elements that our bodies need to function that can be found on the earth and in foods. Some minerals, like iodine, zinc, and fluoride, are only needed in very small quantities. Others, such as calcium, magnesium, and potassium, are needed in larger amounts.
- **Read more at:**
<https://www.nia.nih.gov/health/vitamins-and-supplements/vitamins-and-minerals-older-adults>

Nutrients of Concern for Older Adults

- Calcium
- Vitamin D
- Potassium
- Magnesium
- Vitamin B12
- Folate
- Protein
- Fiber
- Sodium

Want More Information?
The Office of Dietary
Supplements has a wealth
of information.

[HTTPS://ODS.OD.NIH.
GOV/FACTSHEETS/LIST
-VITAMINSMINERALS/](https://ods.od.nih.gov/factsheets/list-vitaminsminerals/)

National Institutes of Health
Office of Dietary Supplements

Strengthening Knowledge and
Understanding of Dietary Supplements

Información en español

Health Information | News & Events | Programs & Activities | Grants & Funding | About ODS

Health Information

Home > Health Information > Dietary Supplement Fact Sheets > Vitamin and Mineral Supplement Fact Sheets

Vitamin and Mineral Supplement Fact Sheets

This collection of fact sheets and other resources from the NIH Office of Dietary Supplements (ODS) and other federal government sources provides information about dietary supplements and their ingredients. These include vitamins, minerals, herbs and botanicals, probiotics, and more. Many of these resources are available in versions written for health professionals and for consumers (in both English and Spanish).

Show:

☒ All Federal Resources
☐ Only ODS Resources

Browse by letter:

5 A B C D E F G H I K L M N O P Q R S T V W Y Z

A

- [Antioxidants](#)
- [Vitamin A](#)

B

- Beta-carotene (see [Vitamin A](#))

General Supplement Information

- [Dietary Supplements: Background Information](#)
- [Botanical Dietary Supplements: Background Information](#)
- [Vitamin and Mineral Fact Sheets](#)
- [Botanical Supplement Fact Sheets](#)
- [Frequently Asked Questions](#)
- [Dietary Supplements: What You Need to Know](#)
- [ODS Videos](#)
- [Información en español](#)

Supplements for Specific Purposes

- [Alzheimer's disease](#)
- [Brain Health](#)
- [COVID-19](#)
- [Diabetes](#)

Wondering about Dietary Supplements?

The Office of Dietary Supplements has a wealth of information.

[HTTPS://ODS.OD.NIH.GOV/FACTSHEETS/LIST-ALL/](https://ods.od.nih.gov/factsheets/list-all/)

The screenshot displays the NIH Office of Dietary Supplements website. At the top, the NIH logo and the text "National Institutes of Health Office of Dietary Supplements" are visible, along with the tagline "Strengthening Knowledge and Understanding of Dietary Supplements". A navigation bar includes links for Health Information, News & Events, Programs & Activities, Grants & Funding, and About ODS. A search bar is located on the right. The main content area is titled "Health Information" and features a breadcrumb trail: Home > Health Information > Dietary Supplement Fact Sheets. The section is titled "Dietary Supplement Fact Sheets" and contains a paragraph explaining that the collection provides information about dietary supplements and their ingredients, including vitamins, minerals, herbs, botanicals, probiotics, and more. It also mentions that resources are available in both English and Spanish. Below this, there are filters for "Show:" with radio buttons for "All Federal Resources" (selected) and "Only ODS Resources". A "Browse by letter:" section shows a list of letters from S to Z, with "S" selected. Under the letter "S", there is a link for "5-HTP (5-hydroxytryptophan)". Under the letter "A", there are links for "Acai" and "Activated charcoal". On the right side, there are two expandable sections: "General Supplement Information" and "Supplements for Specific Purposes". The "General Supplement Information" section lists links for "Dietary Supplements: Background Information", "Botanical Dietary Supplements: Background Information", "Vitamin and Mineral Fact Sheets", "Botanical Supplement Fact Sheets", "Frequently Asked Questions", "Dietary Supplements: What You Need to Know", "ODS Videos", and "Información en español". The "Supplements for Specific Purposes" section lists links for "Alzheimer's disease", "Brain Health", "COVID-19", and "Diabetes".

NIH National Institutes of Health
Office of Dietary Supplements

Strengthening Knowledge and Understanding of Dietary Supplements

Información en español

Health Information News & Events Programs & Activities Grants & Funding About ODS

Health Information

Home > Health Information > Dietary Supplement Fact Sheets

Dietary Supplement Fact Sheets

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Show:

- ☒ All Federal Resources
- ☐ Only ODS Resources

Browse by letter:

S A B C D E F G H I K L M N O P Q R S T V W Y Z

S

- [5-HTP \(5-hydroxytryptophan\)](#)

A

- [Acai](#)
- [Activated charcoal](#)

General Supplement Information

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Supplements for Specific Purposes

- [Alzheimer's disease](#)
- [Brain Health](#)
- [COVID-19](#)
- [Diabetes](#)

Lunch and Dinner

- Add mixed vegetables or canned beans to soup.
- Add apples, grapes, or raisins to chicken salad
- Add layers of fresh spinach or eggplant to lasagna





Image by Pam VanKampen

Shredded Carrots added to Ricotta for
Lasagna, stuffed shells, etc.

How to Sneak Veggies into Meals

Get Shredded

- Zucchini, beets, carrots, parsnips, summer squash, butternut squash,...
- Add to muffins, breads, cakes, salads, lasagna...
- Sauté for ~5 minutes and add to pasta sauce



Veggie Omelet in a Mug



Prep time: 10 minutes

Cook time: 3 minutes

Nutrition Facts: [View label](#)

Ingredients

- 2 eggs
- 2 Tablespoons low-fat or nonfat milk
- 1 dash salt
- 1 dash black pepper
- ¼ cup finely chopped vegetables (any type)
- 2 Tablespoons grated cheese (any type)

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Lightly grease the inside of a 12-ounce microwave-safe mug.
4. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
5. Microwave on HIGH for 45 seconds. Stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Notes

- To make a meal, serve with a slice of whole grain toast and fruit.
- Try adding cilantro on top for more flavor.

Visit
<https://foodhero.org/older-adults> for fact sheets,
Recipes for 1 or 2, and
more!

Veggies for Breakfast!?

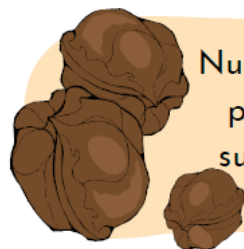
- Add salsa, beans, or leftover veggies to eggs, hash browns, or egg bake.
- Add Spinach & Feta Cheese to scrambled eggs.
- Put fresh spinach & tomato on your egg sandwich.
- Vegetable juice (look for low-sodium versions).
- Make a fruit and veggie smoothie.

Take a NOURISH Step

Omega-3s & Healthy Fats

“Why should I include omega-3s and other healthy fats in my diet?”

- To support heart, brain, skin, & joint health
- To help prevent age-related vision changes



Nuts, seeds, avocados, plant oils, and fish such as salmon and mackerel.

“Which foods contain healthy fats?”

- use olive oil in a homemade dressing
- sprinkle ground flax seeds on cereals/granolas
- add avocado to wraps, sandwiches, & tacos



“How can I use them?”



*If you want more pep, take a **NOURISH Step!***

Visit www.gwaar.org/nourishstep to learn more.

More Information on Fats

Classifications & Sources

Saturated Fat: Solid at room temperature - found in meat, dairy, & baked goods.

Trans Fat: Known to be harmful, found in fried foods, baked goods, beef fat, & dairy fat

Mono-unsaturated Fat: Healthy fat found in olive oil, avocados, nuts, & seeds.

Poly-unsaturated Fat: Healthy fat found in sunflower, corn, & other seed oils, fish, walnuts, and flax seeds.

Learn more at: <https://www.nutrition.gov/topics/whats-food/fats>

Choose mono- and poly-unsaturated fats.

They do not contain cholesterol and are **often liquid at room temperature**. They come from plant sources, such as canola, safflower and corn oils.

Read More about these Healthy Fats in this [Fact Sheet](#).

To lose weight: Limit your intake of these fats.

To gain weight: Add these types of fats to your meals.

Did you know...

All fats contain 9 calories per gram vs 4 calories per gram for protein and carbohydrate foods?

Fat Intake Recommendations

Saturated: **less than 10%** of total calorie intake

Trans: **less than 1%** of total calorie intake

Mono- and poly-unsaturated most or all of your fat intake (25-30% of total calories per day)



RECIPES

Want to try some new recipes that limit saturated fat? Visit MyPlateKitchen.gov

Food Sources of Omega 3 Fatty Acids

Salmon, Mackerel, Sardines, Herring, Trout, Anchovies

Flax Seeds & Flax oil, Chia seeds, hemp seeds

Walnuts and tree nuts

Fortified Foods: Omega-3 enriched eggs

All contain Omega 3 Fatty Acids that can keep your heart and brain healthy and can help reduce triglyceride levels.

EPA and DHA Omega 3 Fatty Acids

- The recommended amount of EPA and DHA to consume per day is generally between **250 mg and 4,000 mg, with no more than 5,000 mg.**
- **EPA** helps reduce inflammation in the body and supports heart health by lowering the risk of heart disease.
- **DHA** is important for brain and eye development, making it especially crucial during pregnancy and early childhood. It's also vital for maintaining healthy brain function throughout life.
- ***Both EPA and DHA work together*** to support overall health, especially heart, brain, and eye health.




Eating two servings of fatty fish per week is often recommended to meet omega-3 needs. General estimates of the omega-3 content (combined EPA and DHA) *per 3-ounce cooked serving*:

- **Fatty Fish (High in Omega-3s):**
 - **Mackerel:** 2,200–2,500 mg
 - **Salmon (wild):** 1,000–1,500 mg
 - **Sardines:** 1,100–1,600 mg
 - **Herring:** 1,500–2,000 mg
 - **Anchovies:** 1,000–1,300 mg
 - **Tuna (bluefin):** 1,200–1,500 mg
 - **Rainbow trout:** 1,000–1,200 mg

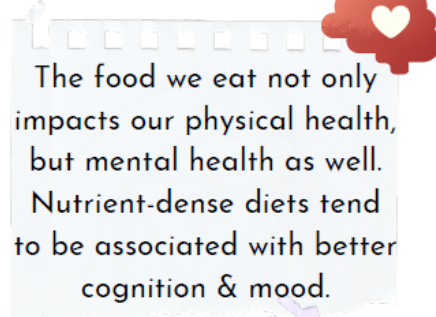
Take a **NOURISH** Step

Understand

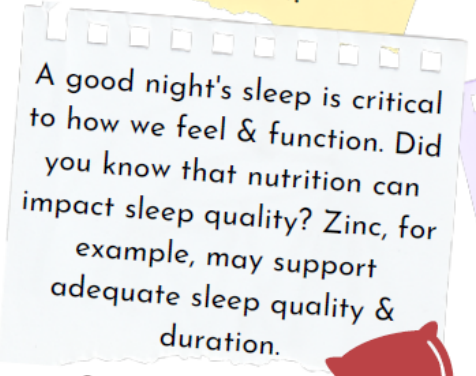
Daily food choices do more than resolve our hunger and fulfill our taste desires. What we eat impacts how we feel, how we think, our energy levels, and our body's ability to prevent disease. Consider these ideas:



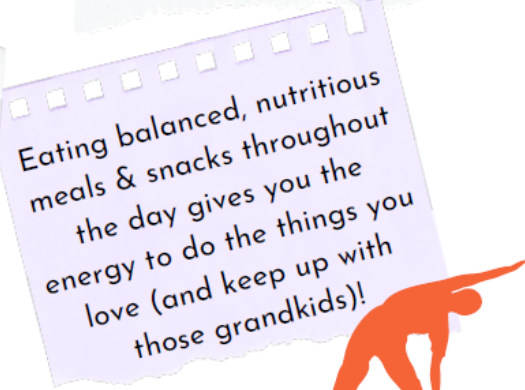
The nutrition habits we follow impact the risk of developing chronic disease. Striving for a balanced diet can support a longer, healthier life!



The food we eat not only impacts our physical health, but mental health as well. Nutrient-dense diets tend to be associated with better cognition & mood.



A good night's sleep is critical to how we feel & function. Did you know that nutrition can impact sleep quality? Zinc, for example, may support adequate sleep quality & duration.



Eating balanced, nutritious meals & snacks throughout the day gives you the energy to do the things you love (and keep up with those grandkids)!



If you want more pep, take a **NOURISH** Step!

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What's the Difference?



Cholesterol:

HDL vs LDL

You may have heard of HDL referred to as "good" cholesterol and LDL referred to as "bad" cholesterol. HDL and LDL are lipoproteins that carry cholesterol in the body, each serving a unique purpose. **Watch this 3 minute video to increase your understanding.**



HDL (high-density lipoprotein) carries cholesterol from the blood to the liver so it can be broken down. LDL (low-density lipoprotein) carries cholesterol through the blood to cells. LDL is also responsible for depositing cholesterol on artery walls and is associated with cardiovascular risk when levels are high.

Soluble vs Insoluble Fiber

HIGH IN FIBER

Insoluble fiber remains mostly in-tact in the GI system. This form of fiber is notably useful for adding bulk and attracting water to stool. This promotes regularity! Insoluble fiber is found in the skins, stems, and husks of fruits, vegetables, whole grains, and nuts.

Soluble fiber, on the other hand, absorbs water to form a gel. This action is useful for a few things: managing blood sugar, slowing the digestion of other nutrients, keeping you full, and even binding to cholesterol so that it can be excreted!

Soluble fiber is found in legumes, fruits, vegetables, whole grains, and seeds.

Watch this 1 minute video to learn more.



Wow!

There are 40+ nutrients and more than 12,000 phytonutrients in foods that your body and brain can't make by itself but require to function in tip-top shape.

The balance determines whether you are happy or sad, smart or forgetful, energetic or lethargic, healthy or diseased, living vibrantly or dragging through the day



Image from Pixabay.com

“You are What You Eat”

- **Cell membranes** are made up of **fats and proteins** from foods like salmon and nuts.
- The **iron** in your red blood cells carries oxygen to **your brain and tissues** (red meat, black beans).
- The **energy your brain uses** to relay messages comes from the **carbs** you eat and the **B vitamins** that convert those carbs into cell energy (milk and cereal, etc.)

Foods that contain both soluble and insoluble fiber:

- **Oats** – Rich in soluble fiber (beta-glucan) and also contain insoluble fiber.
- **Bran** – Wheat bran has more insoluble fiber, while oat bran contains both types.
- **Flaxseeds** – Contain a good balance of soluble and insoluble fiber.
- **Apples** – The flesh provides soluble fiber (pectin), while the skin offers insoluble fiber.
- **Carrots** – High in both soluble fiber (pectin) and insoluble fiber.
- **Legumes (beans, lentils, chickpeas)** – Great sources of both fiber types.
- **Barley** – Contains soluble fiber (beta-glucan) and insoluble fiber.
- **Pears** – Soluble fiber in the flesh and insoluble in the skin.
- **Peas** – High in soluble and insoluble fiber.
- **Berries (strawberries, blackberries, raspberries)** – Provide both soluble and insoluble fiber.
- **Nuts (almonds, walnuts)** – A mix of soluble and insoluble fiber.
- **Sweet potatoes** – Soluble fiber in the flesh and insoluble fiber in the skin.
- **Broccoli** – Contains both types of fiber.
- **Brussels sprouts** – High in both soluble and insoluble fiber.
- **Plums and prunes** – Soluble fiber in the flesh and insoluble in the skin.
- **Avocados** – Good source of both fiber types.

All of these foods help promote overall digestive health and balance gut function.

Think Healthy Eating Patterns vs “Diets”

Healthy U.S.-Style Eating Pattern: The main types of food in this eating pattern include a variety of vegetables, fruits, whole grains, fat-free or low-fat dairy, seafood, poultry, and meat, as well as eggs, nuts, seeds, and soy products.

Healthy Mediterranean-Style Eating Pattern: Contains more fruits and seafood and less dairy than the Healthy U.S.-Style Eating Pattern.

Healthy Vegetarian Eating Pattern: This pattern contains no meat, poultry, or seafood, but does contain fat-free or low-fat dairy. Compared with the Healthy U.S.-Style Eating Pattern, it contains more soy products, eggs, beans and peas, nuts and seeds, and whole grains.

Learn more at:

<https://www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults>

Heart Healthy DASH Eating

DASH is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. With this flexible and balanced eating plan, you can enjoy plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy. There are no special foods or hard-to-follow recipes required.

Learn more about the DASH Diet and find yummy recipes at

<https://healthyeating.nhlbi.nih.gov/>



Check out the Diabetes Food Hub Recipes
<https://www.diabetesfoodhub.org/all-recipes.html>

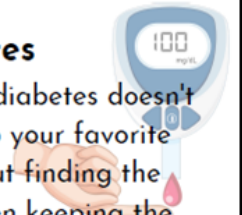
Diabetes

Eating well with diabetes doesn't mean giving up your favorite foods, it's about finding the balance between keeping the flavors you love and incorporating the nutrients you need to live well with diabetes.

Simple swaps such as opting for the low-fat versions of cheeses and dressings, choosing lean meats, and using natural sweeteners will all help you meet your health goals—and they'll taste great too!

Learn more about nutrition and diabetes at

<https://diabetes.org/food-nutrition>



Gut Health!

Prebiotics

Contain types of fiber that reach the colon intact where they ferment and feed good bacteria.

- Artichokes
- Asparagus
- Banana
- Brussels sprouts, Broccoli
- Cabbage, Celery
- Chickpeas (garbanzo beans)
- Garlic/Leeks/Onions
- Honey
- Nuts
- Oats, Barley
- Pistachios
- Raspberries

Probiotics

Grow good gut bacteria.

- Live active cultures like yogurt
- Kefir (fermented milk drink)
- Cultured buttermilk
- Refrigerated sauerkraut
- Kombucha (fermented, lightly effervescent sweetened black or green tea drinks)
- Miso (paste made from fermented soybeans and barley or rice malt, used in Japanese cooking)
- Tempeh (soy product)
- Learn more about foods that promote gut health, recipes, and more at https://www.adrcconnections.org/programs-and-services/nutrition_1

Take a **NOURISH** Step

Recipes & Meal Ideas

Preparing meals and snacks to support your mind & body can be fun! The possibilities are endless, and you might surprise yourself with a new favorite dish! Here are some tips to make cooking & meal preparation exciting:

Get creative with cooking! Try new techniques and combinations. Bake fresh vegetables with olive oil, herbs, and spices instead of boiling.

Grab different groceries! Finding a new fruit, vegetable, grain, protein option, or spice blend to try each time you shop can spice things up (literally).

Find a new recipe to try! Here are some great resources:

- [Eating Well](#)
- [Snap4CT](#)
- [Eatright](#)
- [Eat Well, Age Well](#)



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Visit www.gwaar.org/nourishstep to learn more.



Nutrients of Concern for Older Adults

Vitamin D

Vitamin D helps calcium work better to maintain strong bones. With each decade, we're able to synthesize less vitamin D from sun exposure - this is why intake is important. Food sources include fatty fish, egg yolks, fortified milks, and fortified cereals.



Calcium

Not only is calcium important for bone structure and strength, but it functions in nearly every cell of our bodies. ***When too little calcium is consumed, the body breaks down bone to release calcium and maintain blood concentrations of the mineral.*** Calcium is found in dairy products, fortified dairy substitutes, leafy greens, tofu, beans, and nuts.

Recipe Resources

Foodhero.org/older-adults

<https://www.myplate.gov/myplate-kitchen> (Recipes for 1 or 2)

<https://gwaar.org/eat-well-age-well> (Recipes for 1 or 2)

<https://www.eatright.org/recipes>



Vitamin B12

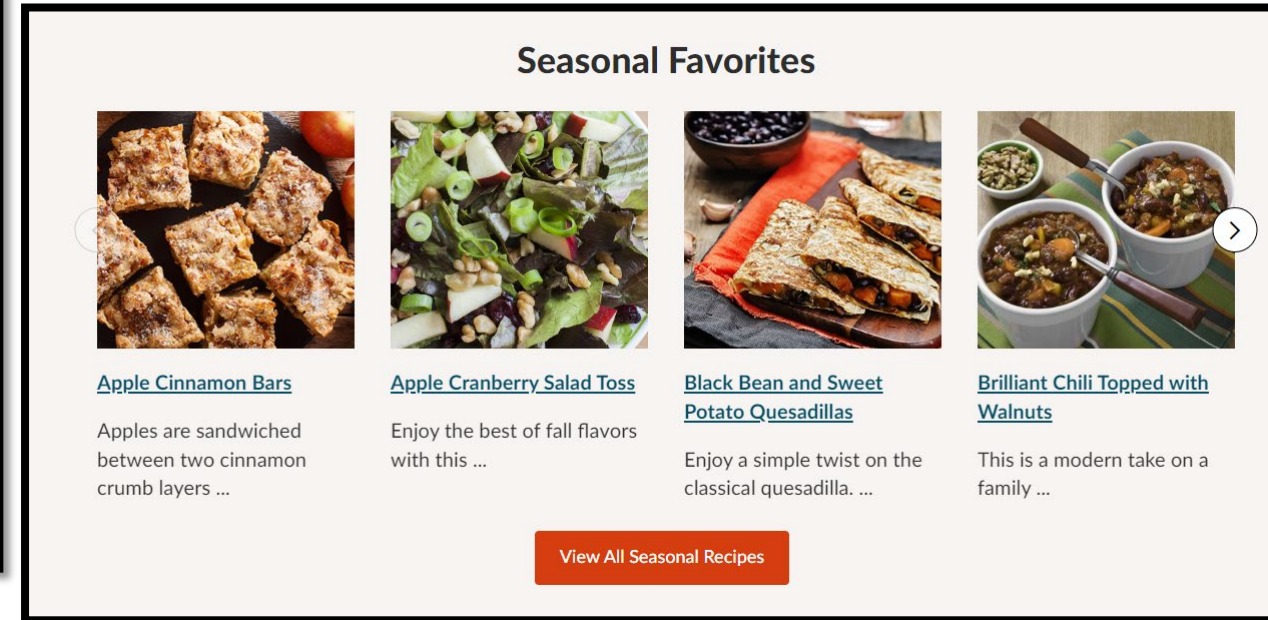
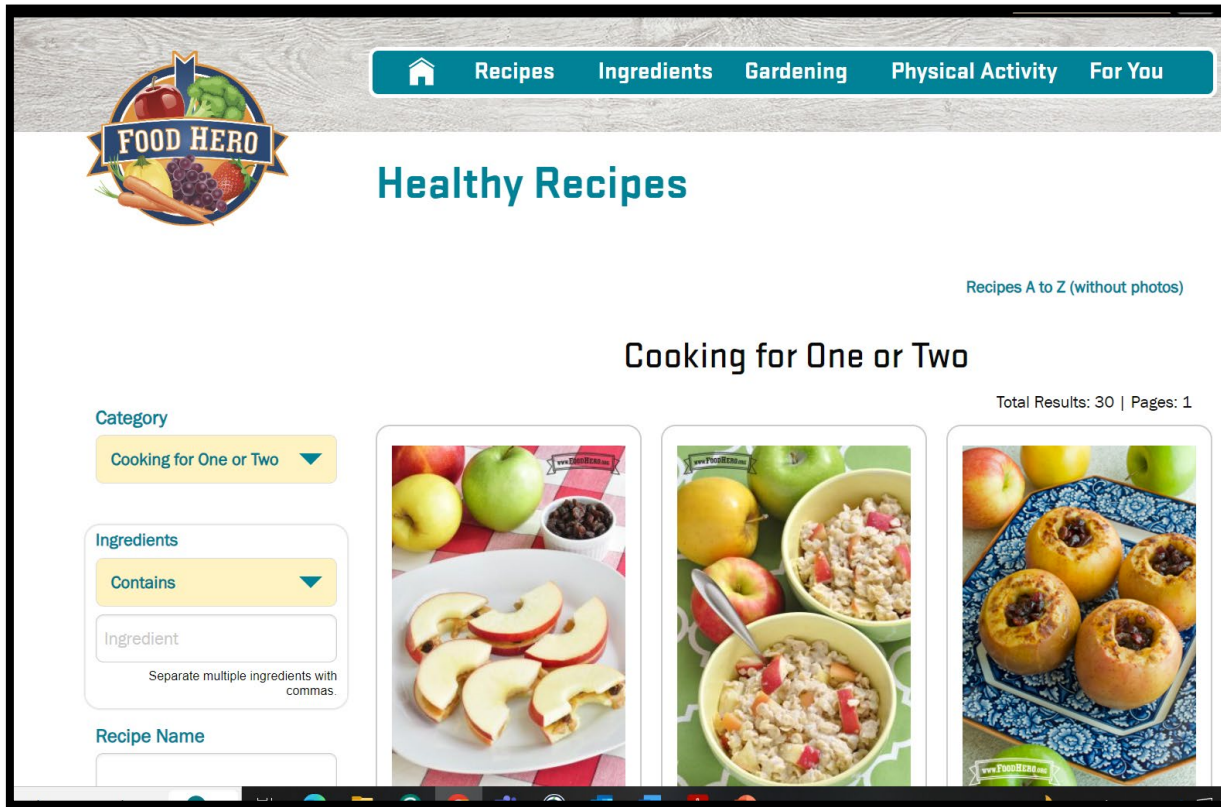
Vitamin B12 is essential for brain health, red blood cell formation, and energy production in the body. Certain medications may inhibit absorption, and the ability to absorb this vitamin naturally decreases with age, so it's very important to ensure adequate intake! Vitamin B12 is found in meat, fish, eggs, and dairy. Other sources include supplements and fortified foods.



Magnesium

Magnesium is important for muscle, bone, and brain health. This mineral also plays a role in sleep quality, which impacts the rest of our body! Inadequate intake, age-related changes in the digestive system, and certain drugs may present a challenge to achieving adequate intake (420 mg/day for men; 320 mg/day for women). Aim to include whole grains, leafy greens, legumes, and nuts/seeds as regular parts of your diet.

Some of My Favorite Websites



- <https://foodhero.org/healthy-recipes>
- <https://www.myplate.gov/myplate-kitchen>

Take a NOURISH Step

Increase Protein & Fiber

Protein throughout the day helps muscles stay!

Aim to include a serving of protein at each meal. Choose lean sources and include plant-based proteins, as well.

Protein is the key to maintaining and building muscle. Healthy muscles means being able to move in ways that you enjoy & can help prevent falls.

Including protein with your meals and snacks throughout the day can help you feel full between meals.

20-30 g protein per meal and 12-15 g protein per snack is recommended for best utilization.



If you want more pep, take a NOURISH Step!

Visit www.gwaar.org/nourishstep to learn more.

Fiber is a key component of digestive health. Not only does it help keep you full, but it keeps you regular in the bathroom.

Adequate fiber intake (20-30 grams per day) can help regulate blood sugar. Carbohydrates from your food are more slowly released into the bloodstream after a fiber-rich meal.

Current research shows that higher fiber intakes are associated with a lower risk of cardiovascular disease, type 2 diabetes, cancer, and other chronic diseases.

Beans contain both protein and fiber!



Protein Ideas

Good Protein choices include milk, eggs, cheese, meat, fish, poultry, nuts and dried beans or peas.

• **To lose weight:** Choose low-fat sources of protein such as lean meats and low-fat dairy products.

• **To gain weight:** Choose protein with a higher fat content, such as whole milk, whole milk cheese and yogurt.

Important Note: Our bodies only absorb/use ~25-30 grams per meal so if you need higher amounts daily include 1-2 protein-rich snacks.

High Protein, High Fiber Snack Ideas

- Nuts
- Dried fruits, can make trail mix
- Spread peanut or almond butter on toast, crackers or apple slices.
- Cheese and crackers
- Yogurt topped with dried fruit, granola, or cereal
- Hard boiled egg
- Cottage cheese
- Oatmeal w/banana or other fruit
- Hummus, yogurt dip or guacamole with veggies

Ways to Up Your Fiber Intake



- **Choose whole grains:** most whole grain bread, for example, contains around 4 g fiber per slice, compared to white bread, which has less than 1 g per slice
- **Seed sprinkles:** top your toast, yogurt, oatmeal, or anything else with chia seeds or ground flax seeds. These contain 3-4 g per tablespoon!
- **Don't skip the skin:** After you wash your produce, keep the skin of your potatoes, apples, cucumbers, and others on!



Learn more about fiber for older adults at:

https://acl.gov/sites/default/files/nutrition/Nutrition-Needs-Fiber-FINAL-2.19-FINAL_508.pdf

**ROUGHLY 50% OF WOMEN AND 30% OF
MEN OLDER THAN 71 FALL SHORT OF THE
RDA FOR PROTEIN IN THEIR DIETS,
ACCORDING TO THE USDA'S DIETARY
GUIDELINES FOR AMERICANS, 2020-2025**

Protein:
Adequate
intake and
digestion is
critical for
older adults.

- Can prevent or limit loss of bone & muscle mass and help decrease risk of falls.
- Keep immune system healthy.
- Help prevent cognitive decline.
- Fight off infections or illness
- Aid in healing & recovery

How much do you need?

- In general aim for **25-30 grams at each meal throughout the day.**
- If you have kidney disease and are not on dialysis, protein intake may be limited, follow your healthcare provider's recommendation.

Breakfast Ideas

The Greek: Top 6 oz Greek Yogurt (17 g pro) with 1/2 cup berries or fruit of your choice and 1 cup low-fat or fat-free cow's milk (8 g pro). **Total ~ 25 g Protein**

Breakfast Sandwich: Place 1 cooked egg (6 g pro), 1-ounce Canadian bacon (8 g pro), and 1 ounce low-fat or fat-free cheese (6 g pro) between two toasted whole-grain English muffin halves. Enjoy with 1 cup apple juice. **Total ~ 20 g Protein**

Pop-Up Delight: Toast a whole-grain toaster waffle and top with 6 oz low-fat or fat-free Greek yogurt (17 g pro), ¼ cup walnuts (5 g pro), and 1/2 cup mixed berries, and 1 cup cow's milk (8 g pro). **Total ~30 g Protein**

Bagel Sandwich: Smooth 2 tablespoons of nut butter (7 g pro) and 1 fried egg (6 g pro) on a 3-inch toasted whole-grain bagel. Serve with ½ cup orange juice and 8 oz of Ensure (9 g pro) or 1 cup milk (8 g pro). **Total ~ 22 g Protein**

Rainbow Fruit Parfait: Layer 6 oz low-fat or fat-free Greek yogurt (17 g pro) with ½ cup blueberries, ½ cup sliced strawberries, and ½ cup sliced kiwifruit. Sprinkle with ½ cup walnuts (10 g pro). Enjoy with 1 cup of Tea. **Total ~ 27 g Protein**

Lunch Ideas

Tuna on Toast: Mix 3 ounces water-packed tuna (21 g pro) with 2 tablespoons of non-fat plain Greek yogurt (6 g pro). Spread on 2 slices toasted whole wheat bread and top with romaine lettuce and 2 slices tomato. Serve with fruit and water with lemon slices. **Total ~ 27 g Protein**

Pita and Peanut Butter Yum: Spread 2 tablespoon favorite nut butter (7 g pro) inside a 4-inch whole-wheat pita pocket and stuff with 1/2 cup sliced strawberries or some jelly. Serve with 1 cup fat-free milk. (8 g pro). **Total ~ 20 g Pro. If you need more protein,** add ½ cup cottage cheese for an additional 14 g protein. **34 g total**

Grilled Sandwich: Spread 2 slices of whole wheat bread with butter or margarine. Make a sandwich with 2 ounces sliced reduced-fat cheese (12 g pro) and 1 oz ham (7 g pro). Serve with 1 cup tomato basil soup made with milk (8 g pro). **Total ~ 27 grams Protein. Need more protein?** Add a high protein bar (~5 grams) or 20 almonds (5 g pro). **Total ~32 g Protein.**

Protein-Packed Leftover Salad: Slice 3 ounces leftover grilled chicken or roasted sirloin steak (26 g pro). Mix with 1 cup romaine lettuce, 1/2 cup tomatoes or veggies of your choice, and 2 tablespoons crumbled blue or feta cheese (~3 g pro), and ¼ cup sunflower seeds (6 g pro). Drizzle with 2 tablespoons low-fat balsamic vinaigrette dressing. Serve with iced tea. **Total ~ 35 g Protein**

Ham and Cheese Please: Place 3 ounces lean ham (18 g pro) and 2 ounces low-fat Swiss cheese (12 g pro) on a whole grain bun. Top with 2 tablespoons stone-ground mustard and romaine lettuce. Accompany with a small, sliced apple and glass of refreshing ice water. **Total ~ 30 grams of Protein**

Deli Bite: Layer 3 ounces sliced lean roast beef (26 g pro) on a roll and top with lettuce and 2 tablespoons mashed avocado. Serve ½ cup cooked beans (8 g pro) and lemonade. **Total ~ 34 grams Protein**

Dinner Ideas

Grilled Salmon: Marinate 3 ounces salmon (19 g pro) in orange juice. Grill with 1/2 cup baby red potatoes, 1/2 cup onions, and 6 asparagus spears tossed with 1 teaspoon olive oil. Serve with a crusty whole-grain roll and 1 cup milk (8 g pro). **Total ~ 27 grams Protein**

Vegetarian Delight: Sauté 2 teaspoons garlic in 1 tablespoon olive oil. Toss in 1/2 cup chopped tomatoes, 1/2 cup broccoli, 1/2 cup asparagus, 1/2 cup mushrooms and 2 tablespoons shredded carrots, 1/2 cup Tofu (12 g pro). Cook until the vegetables are tender. Add in 1/2 cup black beans (8 g pro). Mix with 1 cup cooked pasta and top with 2 tablespoons feta cheese (~3 g pro). Serve with 1 cup soy milk (7 g pro). **Total ~ 27 grams Protein**

Snack Idea

Powered-Up Banana: Cut banana into slices and insert a toothpick into each slice. Spread nut butter on the bottom of each slice, then dip in roasted, unsalted sunflower seeds or finely crushed nuts and dust w/cocoa powder. **~14 g Protein.**

“Protein throughout the day, helps muscles stay.”

- **Difficulty chewing?** Try grinding your meat and eating soft, high protein foods such as Greek yogurt, fish, eggs, cottage cheese, beans, and lentils.
- **Small appetite?** Eat protein foods first. Sneak protein into foods soup as soup, gravies, smoothies, sauces, hot dishes, and cereals.

Image from Pixabay.com



High Protein, High-Calorie Milk

Ingredients:

$\frac{3}{4}$ cup Whole Milk

$\frac{1}{4}$ cup Half & Half

5 TSBP Dry Milk Powder

Directions:

1. Combine until milk powder is dissolved.

Add to recipes, pudding, cereal, smoothies, cream soup, or drink it plain.

Nutrition Facts

Per 1 recipe (240 mL/ 1 cup/ 272 g)

Amount	% Daily Value
Calories 290	
Fat 12 g	18 %
Saturated 8 g + Trans 0 g	40 %
Cholesterol 45 mg	
Sodium 270 mg	11 %
Carbohydrate 27 g	9 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 18 g	
Vitamin A	35 %
Vitamin C	4 %
Calcium	60 %
Iron	2 %

Whey Protein

1 TBSP= 5 Grams of Protein

- **Easily digestible, rich in leucine, and more effective for muscle protein synthesis than soy or casein protein.**
- **Stir into hot cereals, creamy soups, sauces**
(add off heat of cooking to avoid curdling)
- **Mix into guacamole or salad dressing**
- **Add 2 TBSP per cup of flour** to enrich muffins, bars, pancakes
- **Blend with skim milk** for creamier texture
- **Blend into nut or seed butters**



Image by [Total Shape](#) from [Pixabay](#)

How Much Fiber Do I Need?

35 grams per day is recommended!

Fiber helps keep your gut healthy, bowels moving, blood sugar stable and helps prevent cancer.

Fruits, veggies, beans, whole grains are all good sources of fiber.

Chia Seeds

Per Tablespoon:

- 4 grams of dietary fiber
- 3 grams of Protein
- Omega 3 Fatty Acids
- 80 Calories
- No sodium, sugar or cholesterol
- Can help control appetite



Image by [Анастасия Белоусова](#) from [Pixabay](#)

Beans = Protein + Fiber and high in Potassium!

Add to almost anything:

- Tacos
- Spaghetti
- Salads
- Hot Dish
- Soups
- Baked Goods
- Scrambled Eggs
- Toast

Recipe Resources:

- <https://cannedbeans.org/>
- <https://beaninstitute.com/recipes/>



Photo courtesy of Canned Beans.org



Let's Practice Taking a NOURISH Step.



- Pumpkin Pie
- Don't eat the crust of the pie
- Cut down on the amount of sugar in the recipe by 1/3rd
- Greek yogurt with pumpkin puree and pumpkin pie spice and add pepitas or crushed nuts.



Image by [Romjan Aly](#) from [Pixabay](#)

Take a NOURISH Step

Sugar & Sodium Awareness

With moderation, all foods can fit in a balanced diet. However, too much added sugar can displace other nutrients and contribute to inflammation in the body.



Sodium is an essential mineral for our bodies. However, too much can elevate blood pressure and increase cardiovascular risk.

Be aware of high-sodium foods and work to keep intake under **2,300 mg** per day. High levels of sodium are typically found in foods such as:



If you want more pep, take a NOURISH Step!

Visit www.gwaar.org/nourishstep to learn more.

Canned goods and pre-packaged meals



processed meats



meals prepared in a restaurant setting

Diets high in sugar increase the risk for cognitive disorders like dementia, Alzheimer's, stroke, & various mood disorders.

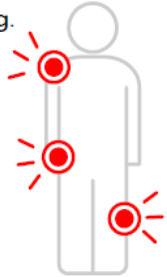
Try to limit **added sugars** to **less than 50 g per day**. Work towards this with small changes. Look for added sugars under the carbohydrate section of nutrition labels. You'd be surprised how many products sneak sugars in!

Sugar, Inflammation, and Disease

Carbohydrates are the fuel that keeps our bodies going. Consuming carbohydrates in the form of whole grains, starchy vegetables, and fruits provides energy in a nutritious packaging.

Excess added sugar in the diet can displace other important nutrients and contribute to inflammation.

Additionally, high intakes of added sugar are associated with a higher risk of certain chronic diseases (obesity, type 2 diabetes, cardiovascular disease, and arthritis).



Regular high intake of refined sugars can decrease insulin sensitivity - meaning the body uses glucose less efficiently, and blood sugar is likely to remain elevated. Fructose is one type of sugar, often added to foods in the form of high fructose corn syrup, that's metabolized in a unique way that promotes the formation of fat.

Common Sources of Added Sugar

- Soda
 - 39 g/12 oz can
- Canned fruit in heavy syrup
 - 18 g/serving
- Packaged desserts - oatmeal creme pie
 - 26 g/cookie
- Sweetened cereal
 - 15 g/serving

Simple Swaps

- Unsweetened tea, low-cal flavored water
 - 0 g/12 oz
- Fresh, frozen, dried, or canned fruit in water
 - 8 g/serving (canned)
- Homemade granola bars
 - 8 g/serving
- Unsweetened cereal or oatmeal with fruit
 - 0-5 g/serving

Learn More About Added Sugar at [this link](#).



Watch this animated 2 minute video to understand what happens when we eat sugar (glucose)

It's an Inflammation Situation!

Several foods commonly found in the Standard American Diet (SAD) can contribute to inflammation in the body.

1. **Refined Carbohydrates** – Foods like white bread, pastries, and sugary cereals can cause spikes in blood sugar and promote inflammation.
2. **Sugar** – Excessive intake of added sugars, especially in sodas, candies, and baked goods, can trigger the release of inflammatory chemicals like cytokines.
3. **Fried Foods** – Foods fried in oils, such as French fries, fried chicken, and doughnuts, often contain trans fats and advanced glycation end products (AGEs), which contribute to inflammation.
4. **Processed Meats** – Sausages, hot dogs, bacon, and deli meats often contain high levels of preservatives, saturated fats, and chemicals linked to inflammation.
5. **Red Meat** – Excessive consumption of red meats like beef, pork, and lamb is associated with higher levels of inflammation, especially when cooked at high temperatures.
6. **Trans Fats** – Found in many processed snacks, margarine, and fast food, trans fats are strongly linked to inflammatory responses.
7. **Excessive Omega-6 Fatty Acids** – Found in vegetable oils like corn, soybean, and sunflower oils, high amounts of omega-6 fatty acids (without enough omega-3 fatty acids to balance them) can promote inflammation.
8. **Highly Processed Foods** – Packaged snacks, ready-to-eat meals, and fast foods are often high in preservatives, unhealthy fats, and added sugars, contributing to inflammation.
9. **Artificial Sweeteners** – Found in diet sodas and low-calorie snacks, artificial sweeteners like aspartame may disrupt gut health, potentially leading to inflammation.
10. **Excessive Alcohol** – Heavy alcohol consumption can promote systemic inflammation, particularly in the liver and digestive tract.

Old and New Food Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Limit Added Sugar

- **2000 calorie diet, *no more than 30 grams of sugar a day of added sugar*** or 7 ½ tsp.
- **1500 calorie diet, *no more than 24 grams of added sugar*.**
- **Read labels.** If sugar is listed in the first 3 ingredients better to skip that food.
- **Desweeten Recipes:** when baking cut the sugar by 1/3rd to a half and you won't even notice.
- **Don't bring trigger foods into the house.**



Cut the Sugar, Keep the Flavor!

Grilling or roasting brings out the sweetness in fruits.

Add them to desserts or enjoy them all by themselves. Think baked apples, poached pears, grilled pineapple,

You detect 80% of flavor through your nose. So trick your brain by cutting a quarter of the sugar in non-baking recipes and replacing it with sweet-smelling spices like cinnamon, nutmeg, and vanilla. Spices are packed with nutrients like calcium, fiber, iron, magnesium, and vitamins like C, K, and A.

“Before you
add sweet,
try some
heat.”

Image by [Kate Trysh](#) from [Pixabay](#)





Image by [congerdesign](#) from [Pixabay](#)

Sodium and Cardiovascular Health

While sodium is essential for many processes in our body, it's very easy to consume excess sodium in today's food environment.

Higher intakes of sodium are associated with elevated blood pressure, which can damage blood vessels over time. Consistently elevated blood pressure is also a risk factor for heart attack and stroke.

Reducing your risk of cardiovascular disease with nutrition starts with an understanding of the nutritional content of foods. Paying attention to nutrition labels and how things like sodium add up throughout your day can help you make more informed decisions.

Watch these short animated videos to learn more

[Blood Pressure Basics](#) from CDC

[Treating High blood Pressure](#) from CDC

Healthier Seasoning

Pay attention to these foods:

- processed meats
- canned soups
- frozen meals
- packaged snacks
- restaurant meals
- cheese
- canned vegetables

Substitutes

- herb-based seasoning
- a squeeze of lemon or lime
- nutritional yeast (bonus: tastes like cheese & is packed with vitamins)
- flavored vinegars
- flavor extracts
- spicy seasoning/sauces

Sodium & Water

Sodium attracts and retains water in the body, which is one way it contributes to elevated blood pressure. This can also mean retaining "water weight". If you're concerned about puffiness, bloating, or a stubborn few pounds, being aware of your sodium intake may be helpful!



Baking Tips

- Bake with unsweetened applesauce in place of sugar in your muffins, banana bread, and cakes. It adds texture and taste, and no added sugar. Try a 1-to-1 swap to start, and experiment until you hit the right balance. Since applesauce is watery, cut down on liquids in your recipe by about a quarter cup.
- Source WebMD. Reviewed by Kathleen M. Zelman, MPH, RD, LD on April 18, 2019



Dark Chocolate

- Choose dark chocolate. It usually has less sugar and fat than milk or white chocolate.
- Studies have shown that dark chocolate can keep your heart healthy, too.
- The higher the cocoa content, the better. So look for dark chocolate that has 70% cocoa or higher.



Let's Practice Taking a NOURISH Step.



- Double Chocolate Frosted Brownie.
- No frosting, light dusting of powdered sugar
- Black Bean Brownie
- 3 Ingredient Brownie (bananas, cacao powder, and nut butter)

Image by [Creative Coffee Creative Coffee](#) from [Pixabay](#)

Take a **NOURISH** Step

Hydrate

We've all heard it: staying hydrated is important. This is no lie! Water is a crucial part of every cell in our bodies and helps us function at our best (both physically and mentally) when proper hydration is maintained.

WHY?

As we age, our sense of thirst declines & concentrating urine becomes more difficult - this means a higher risk for dehydration.

Even mild dehydration can impair mood, memory, and overall brain function.
"Hydrate to think straight!"



Proper hydration keeps joints lubricated and working with less pain and friction.

The water in your body helps oxygen & nutrients get where they need to go so you can feel and look energized!

HOW?

Of course, water is a good place to start - but it's not the only way to stay hydrated! Unsweetened tea, low-calorie flavored water, soups/broths, & other foods with a high water content can help meet your needs. These include most fruits, cucumbers, lettuce, celery, and more.



If you want more pep, take a NOURISH Step!

Visit www.gwaar.org/nourishstep to learn more.

Why Water?

You've heard it before: hydration is important. **Water plays a role in every cell in our bodies.** Hydration impacts everything, even how we think! **Watch this 3 minute video to understand the critical role water plays in our bodies.**

Did you know your thirst sensation works less efficiently with age. This means we need to rely on our brains a little more than our mouths. Generally, 7-9 cups of water each day meets average requirements. However, you may require more fluid if you're taking certain medications or are very active. Or, you may even need to restrict fluid intake if you have certain conditions (kidney disease, cardiovascular disease). Be sure to follow your physicians advice.

Recognize the signs

Knowing what dehydration looks and feels like can ensure you take action when needed.

Common symptoms include:

- increased thirst
- dry eyes & mouth
- fatigue
- yellow-brown urine
- infrequent urination
- headaches & dizziness
- confusion

Set yourself up for success
Try to make drinking fluids **easy and fun.**

Carry water everywhere you go, and make a challenge of it! Team up with a buddy to make a friendly competition of drinking a set amount each day!



Learn more about Making Healthy Drink Choices at this link



Image by Doris Jungo from Pixabay

“Hydrate to Think Straight.”

- **The brain is 85% water but cannot store water, critical to drink water throughout the day.** Water gives the brain the electrical energy to function properly & helps nutrients be absorbed.
- **Dehydration** causes brain fog, fatigue, depression, anger, constipation, and stress.
- **Challenge: Drink water throughout the day for 2 days in a row and see how much better you feel.**

Studies have shown that if you are **only 1%** dehydrated, you will likely have a **5% percent decrease in cognitive function.**

If your **brain drops 2% in body water,** you may suffer from fuzzy short-term memory, experience problems with focusing, and have trouble with math computations.

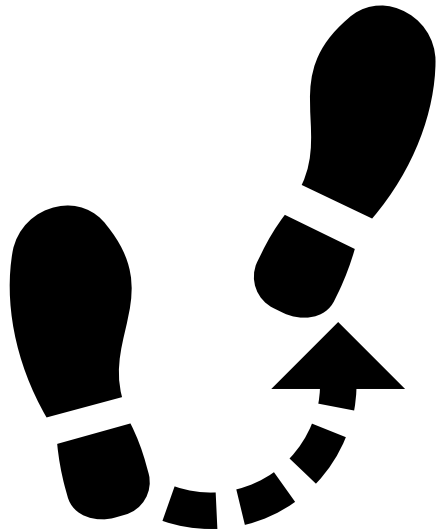
Further studies have shown that **prolonged dehydration causes brain cells to shrink in size and mass.** This is most common in the elderly, many of whom tend to be chronically dehydrated for years.



Image by NoName_13 from Pixabay

An Apple a Day...

- Added an apple per day. (**Nutrient Dense**)
- Feel more regular and full (**Understand and Increase Fiber**)
- Bored with the apple, new ways to enjoy it (**Recipes**)
- Notice some recipes have sugar & sodium (**Sugar & Sodium Awareness tips**)
- Add nuts to a baked apple recipe (**Omega 3s**)
- Need more protein. Add sliced cheese and nuts or make a peanut butter Greek yogurt dip. (**Increase Protein**)
- Enjoy a glass of water with lemon slices with the apple plus the apple contains water naturally- ~ 86% water by weight. (**Hydrate**)





I hope you feel
motivated to
take a NOURISH
Step. You got
this!

Thank you for
joining the call
today.

In Health,
Pam

<https://youtu.be/dWVCYAdjS5M?si=AAVxCYoTXEcLwo0j>

(To view the full 9-minute video of *Gene Kelly- Some of his greatest work*)

The NOURISH Step I want to Take is...

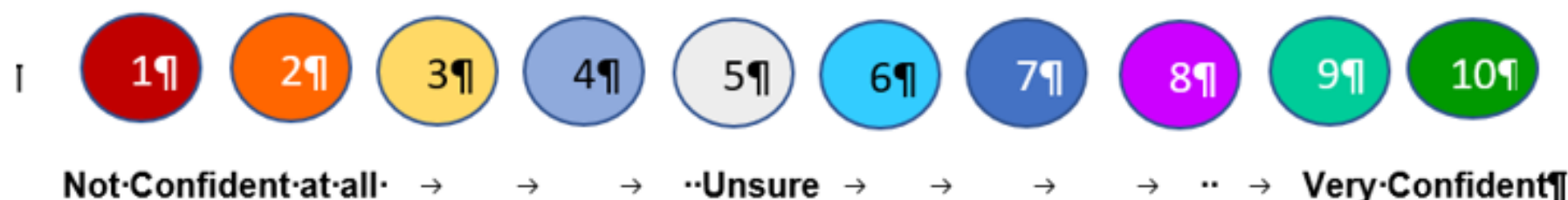
Use this simple tool to help you develop an Action Plan to take the NOURISH Step of your choice.

The NOURISH Step I want to Take is...

This week I will:

- What you are going to do: _____
- How much are you going to do: _____
- When are you going to do it? _____
- How many days a week?: _____
- What is your confidence level? (1 to 10) _____

If your confidence level is less than 7, what can you modify to make it more achievable?





START YOUR JOURNEY AT
WWW.GWAAR.ORG/NOURISHSTEP

Please contact Pam VanKampen, RDN, CD
pam.vankampen@gwaar.org with any questions.

Feedback

- <https://wiha.wufoo.com/forms/wd5ewvd1ifc54f/>
- Share your thoughts
- Those who complete the eval live will be entered to win a t-shirt!



Q&A



Next for Age Well Series

• Nov 11th 12-1:30pm

Age Well Series

Wisconsin Coalition for Social Connection

FREE Webinar

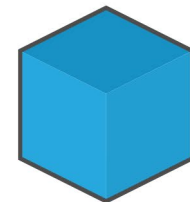
The Power of Connection

How connecting with others impacts health and quality of life

Discover the power of meaningful social connections! In this presentation, we'll explore the impact of loneliness and isolation, and how building strong, positive relationships can boost your well-being, improve your health, and enhance your overall quality of life.

Learn practical tips for fostering connections and creating a supportive community around you. Don't miss this opportunity to turn loneliness into belonging—come and find out how to thrive through connection!

**FREE Webinar
November 11
12-1:30pm**



Part of the Social Connection Awareness Week Summit

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