

Food, Fluids & Fall Prevention





About WIHA

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



Introduction to Speaker

Pam VanKampen

Registered Dietician

Nutrition Program Specialist/Senior
Center Representative



Kristi Cooley

Registered Dietician

Nutrition Program Specialist



**Greater Wisconsin Agency on Aging
Resources (GWAAR)**



Foods, Fluids & Falls Prevention

July 30, 2026

Pam VanKampen, RDN, CD

Kristi Cooley, RDN, CD

Agenda

1. Overview
2. Nutrition & Falls
3. Protein
4. Calcium & Vitamin D
5. Hydration
6. What is Stepping Up Your Nutrition (SUYN) Class
7. Questions



Photo by Vanessa Loring: <https://www.pexels.com/photo/healthy-food-ingredients-on-a-ceramic-plate-5966441/>

Nutrition and Falls



Photo by Towfiqu barbhuiya:
<https://www.pexels.com/photo/close-up-shot-of-a-person-holding-a-glass-of-milk-11397572/>

Falls are not your fate!

Fuel your body: stay strong, steady, & safe.

Hydrate for a better gait

- ✓ Aim for 6–8 cups of fluid/day
- ✓ Include water-rich foods
 - Melons • Tomatoes
 - Apples • Cucumbers
 - Berries • Celery • Carrots

Add protein to your plate

- ✓ Aim for 20-30 grams per meal
- ✓ Include at every meal
 - Eggs • Nuts/Seeds • Fish
 - Dairy • Meat • Cheese
 - Beans • Hummus • Tofu



Join at
slido.com
#2214 0560

Muscle loss is inevitable and cannot be improved.

True
☐ 0%

False
☐ 0%

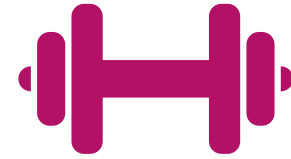
Muscle Matters



Muscle decreases
with age (sarcopenia)



Strong muscles
improve balance &
prevent falls



Protein + exercise →
preserve muscle



Photo by Cafer Caner Savli:
<https://www.gettyimages.com/photo/elderly-person-in-wheelchair-outdoors-33913715/>

Sarcopenia: (Loss of Muscle Mass)

- Progressive & generalized skeletal muscle disorder characterized by the **accelerated loss of muscle mass, strength, and function**, commonly associated with aging.
- Significantly **impacts mobility, increases fall risks**, and reduces independence in older adults.

SARC-F Screening Tool

Strength,
Ambulation,
Rising from chair,
Stair climbing and
History of Falling

Component	Question	Scoring			Score
		0	1	2	
Strength	How much difficulty do you have in lifting and carrying 10 pounds?	None	Some	A lot or unable	
Assistance in walking	How much difficulty do you have walking across a room?	None	Some	A lot, use aids, or unable	
Rise from a chair	How much difficulty do you have transferring from a chair or bed?	None	Some	A lot or unable without help	
Climb stairs	How much difficulty do you have climbing a flight of 10 stairs?	None	Some	A lot or unable	
Falls	How many times have you fallen in the past year?	None	1-3 falls	4 or more falls	
Total score:					

A total score of equal to or greater than 4 is predictive of sarcopenia and poor outcomes.

Research shows that **adequate protein intake supports muscle strength and reduces fall risk**—especially in **older adults experiencing unintentional weight loss**—while **proper hydration helps prevent dizziness, confusion, and weakness**, all of which contribute to falls.

Nutrition Needs as We Age



Balanced Meals for Strong Bones & Muscles

Eat a variety: fruits, vegetables, whole grains, lean protein, dairy

Include calcium & vitamin D for bones

Protein at every meal for muscle maintenance

Be consistent; avoid skipping meals

Protein – Why We Need It



PRESERVES
MUSCLE



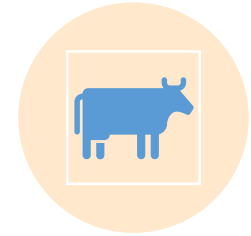
PROMOTES
FULLNESS



HELPS
FIGHT
INFECTION



SUPPORTS
HEALING



PROTEIN
NEEDS
INCREASE
WITH AGE

How much Protein do you need?

The New Dietary Guidelines recommend **1.2 to 1.6 grams per kg/day**

In general aim for **25-35 grams** at each meal throughout the day

To calculate kilograms. Take your body weight in pounds and divide by 2.2

Example: 150 lb. divided by 2.2 = 68 kg x 1.2 and 1.6 = 81 to 108 g of protein divided by 3 meals = ~36 grams per meal

Protein Challenge: Can you guess the highest?

Protein Guessing Game



Cow's Milk

Serving: 8 oz

grams
of protein

Protein Guessing Game

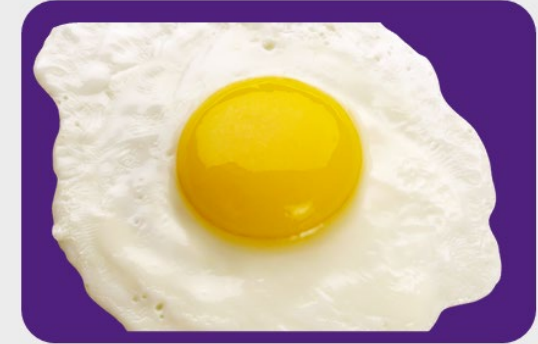


Almond Milk

Serving: 1 cup

grams
of protein

Protein Guessing Game



Egg

Serving: 1 large

grams
of protein

The Winner is...

Protein Guessing Game



Cow's Milk

Serving: 8 oz

8 grams

of protein



Protein Guessing Game



Almond Milk

Serving: 1 cup

1.5 grams

of protein

Protein Guessing Game



Egg

Serving: 1 large

6 grams

of protein

Protein Challenge: Can you guess the highest?

Protein Guessing Game



Turkey

Serving: 3 oz

grams
of protein

Protein Guessing Game



Beans

Serving: ½ cup cooked

grams
of protein

Protein Guessing Game



Tofu

Serving: ¼ cup

grams
of protein

The Winner is...

Protein Guessing Game



Turkey

Serving: 3 oz

24 grams

of protein



Protein Guessing Game



Beans

Serving: ½ cup cooked

8 grams

of protein

Protein Guessing Game



Tofu

Serving: ¼ cup

6 grams

of protein

Protein Challenge: Can you guess the highest?

Protein Guessing Game



Greek Yogurt

Serving: 1 cup

■ grams
of protein

Protein Guessing Game



Low-Fat Yogurt

Serving: 1 cup

■ grams
of protein

Protein Guessing Game



Cottage Cheese

Serving: 1 cup

■ grams
of protein

The Winner Is...

Protein Guessing Game



Greek Yogurt

Serving: 1 cup

20 grams
of protein

Protein Guessing Game



Low-Fat Yogurt

Serving: 1 cup

13 grams
of protein

Protein Guessing Game



Cottage Cheese

Serving: 1 cup

25 grams
of protein



Protein Challenge: Can you guess the highest?

Protein Guessing Game



Walnuts

Serving: ¼ cup

grams
of protein

Protein Guessing Game

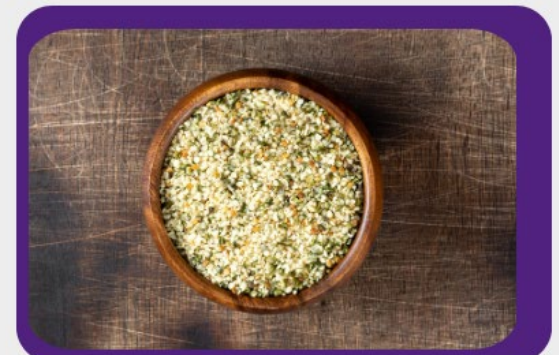


Nut Butter

Serving: 2 TBSP

grams
of protein

Protein Guessing Game



Hemp Heart/Seeds

Serving: 2 TBSP Hulled

grams
of protein

The Winner Is...

Protein Guessing Game



Walnuts

Serving: ¼ cup

5 grams
of protein

Protein Guessing Game

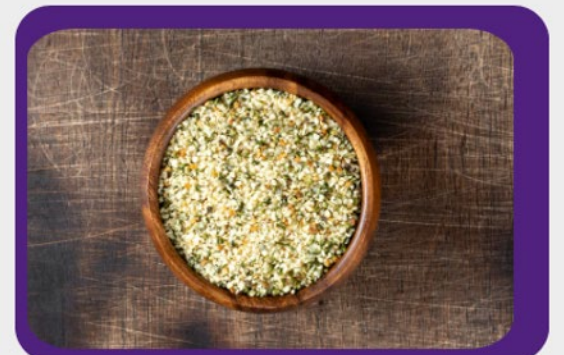


Nut Butter

Serving: 2 TBSP

7 grams
of protein

Protein Guessing Game



Hemp Heart/Seeds

Serving: 2 TBSP Hulled

~8 grams
of protein



1 OZ. NUT SERVING SIZE



Almonds (23 = 6 g Protein)



Walnuts (14 halves = 5 g Protein)



Pistachios
(49 = 6 g Protein)



Cashews (18 = 5 g Protein)



Pine Nuts (167 = 4 g Protein)



Brazil Nuts (6-8 =
4 g Protein)



Macadamias
(10-12 = 3 g Protein)



Pecans (19 halves =
3 g Protein)



Hazelnuts
(20 = 4 g Protein)



Leucine-Rich Foods for Muscle Health

👉 *Try to include leucine-rich proteins at meals to support muscle maintenance.*

- Greek yogurt + nuts, pumpkin seeds, peanuts
- Eggs + cheese
- Salmon + quinoa
- Tofu stir-fry
- Peanut butter on whole-grain toast
- Black or Garbanzo beans w/ Beef or Lentils

Protein Intake & Falls Risk

- Muscle weakness is one of the strongest predictors of falls
- Protein supports
 - Lean muscle preservation
 - Balance & functional mobility
- Protein helps maintain muscle mass & strength, *which are major fall risk factors*
- Low protein intake reduces strength & gait stability

Protein for Blood Sugar Stabilization

Protein snacks like cheese, nuts and nut butters, seeds, and hard boiled eggs can help manage blood sugar and curb hunger.

Pairing protein with healthy fats and fiber can reduce blood sugar spikes.

- **Example**, ground flax and chia seeds **Per 2 Tablespoons**:
 - ~ 4 grams of dietary fiber & ~ 4 grams of Protein
 - Great source of Omega-3 Fatty Acids
 - Add to applesauce, yogurt, oatmeal, smoothies, batters, salads, and more!
 - Start with 1–2 tsp/day to avoid GI upset and drink plenty of water
 - **Use as a condiment!**



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

2 Tablespoon Comparison

Cottage Cheese

~25-50 calories | 3-4 g protein

Farmer's Cheese

~35-60 calories | 4-5 g protein

Peanut, Almond, or Sunflower Seed Butter

~160-210 calories | 5-7 g protein

Chia Seeds

~140 calories | ~5 g protein

Small amounts can make a big difference!



Image by Pam VanKampen, RDN, CD

Beans = Protein + Fiber + Potassium!



Photo courtesy of [Canned Beans.org](https://cannedbeans.org)

Add to almost anything:

- Tacos- pair with [corn & black bean salsa](#)
- Spaghetti
- Salads
- Hot Dish
- Soups
- Baked Goods
- Scrambled Eggs
- Toast

Tips to Make Beans Easier to Digest

Ginger

- Supports digestion
- May reduce bloating and gas

Fennel

- Helps relax the digestive tract
- May ease cramping and trapped gas

Cumin

- Traditional digestive spice
- Supports healthy bowel movement

Yogurt (with live cultures)

- Provides probiotics
- Supports a healthy gut microbiome

Rice

- Easy to digest
- Doesn't add extra fermentable carbs

Fermented Foods

- Kimchi, sauerkraut, fermented pickles
- May improve gut health over time

Protein Layering (Example)

- Canned Tomato Basil Soup
- Low Sodium Black Beans
- Fresh Spinach
- Low-fat Feta
- Walnuts/Pepitas





What protein items would you add?



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

Join at
slido.com
#2214 0560

Protein Layering Mission Completed!



Photo by Pam VanKampen



The Bone Building Team...

More than just Calcium!

Calcium & Vitamin D

- Vitamin D & Calcium are *Nutrients of Concern* for older adults
- Vitamin D helps your body absorb calcium to build strong bones

Why needs increase with age

- Aging reduces the skin's ability to produce vitamin D from sunlight



Photo by cottonbro studio: <https://www.pexels.com/photo/glass-of-almond-milk-in-hand-6804187/>

Calcium & Vitamin D

Calcium Requirements

- **Males** ages 51-70 need 1,000 mg per day
- **Females** ages 51-70 need 1,200 mg per day
- **Adults ages 71 and older** need 1,200 mg per day
- 500 mg divided throughout the day is better absorbed.

Vitamin D Requirements

- Adults aged 19-70 years need 15 mcg (600 IU)*
- Adults aged 71 years and older need 20 mcg (800 IU)*

Fortified foods and supplements may be necessary, especially with limited sun exposure.

***Check 25-hydroxy vitamin D test [25(OH)D]**

Protein + Calcium & Vitamin D



- Use milk or fortified plant milk in oatmeal, soups, or smoothies
- Substitute plain yogurt for sour cream.
- Canned salmon with bones
- Eat fatty fish (salmon, tuna)
- Yogurt Parfait
- Cheese on apple pie
- Milk with sweets



***For Gut Health-Look for Live
& Active Cultures on the
Yogurt Label!***

Protein & Gut Health Food Pairings

-  Peanut butter + apple slices
-  Cheese + whole grain crackers + grapes
-  Hard-boiled egg + berries
-  Greek yogurt + berries + walnuts
-  Kefir + banana
- Cottage cheese + kiwi
- Black bean salsa + whole grain tortilla chips
-  Salmon + roasted asparagus
-  Chicken + roasted Brussels sprouts
-  Trail mix with nuts, seeds, and dried fruit

Bone Building Meal Ideas!

Salad: Leafy greens/spinach, feta/cheese, tuna, nuts or seeds and dried fruit.

Salmon with spinach with pine nuts & feta (hot or cold), with whole grain roll and a dried plum/prune and cheese kabob

Salmon Croquette with broccoli, black beans and brown rice, salad with raisins & nuts

Yogurt Parfait: Greek yogurt of your choice, nuts, raisins, seeds (sunflower, chia, flax of your choice)



Photo by Meruyert Gonullu: <https://www.pexels.com/photo/close-up-shot-of-a-vegetable-salad-7469439/>

H Y D R A T E



Photo by Dharmjeet Kumar:
<https://www.pexels.com/>

Hydration – Don't Forget Fluids



- Thirst may decrease with age



- Dehydration → weakness, dizziness → falls



- Fluids help digest food, absorb nutrients, remove waste, lubricate joints, protect organs, regulate temperature

Falls are Not Your Fate, Hydrate for a Better Gait!

Fluids Help:

Digest Food

Absorb Nutrients & Medications

Get rid of waste

Prevent constipation

Lubricate joints

Protect organs

Help with body temperature regulation

Dehydration Signs & Symptoms

Changes in mental status

Easily confused

Cracked lips

Dizziness

Dry mouth

Postural hypotension

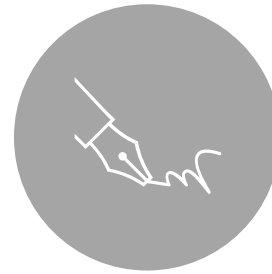
Frequent Falls

Tired

Tips to Increase Fluid Intake



Add fruit, herbs, or veggies



Bracelet or rubber bands on wrist or mark on paper



Put glass of water by bed/chair/bathroom sink



Set an alarm to remind you to drink

High Water Content Foods



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Hydrating Meals & Snacks

Cucumber & Hummus Snack Plate

Watermelon + Feta Salad

Greek Yogurt with Fresh Fruit

Smoothie with Frozen Berries + Liquid

Cottage Cheese + Cantaloupe or Fruit

Tomato, Cucumber Caprese Salad with Mozzarella



Photo by Anya Dunes: <https://www.pexels.com>

Alcohol

- Alcohol use can increase risk of falls
- Aging makes alcohol's effects stronger, even at the same amount
- Alcohol impact's reaction time, coordination, and balance
- Mixing alcohol with medications can further increase fall risk

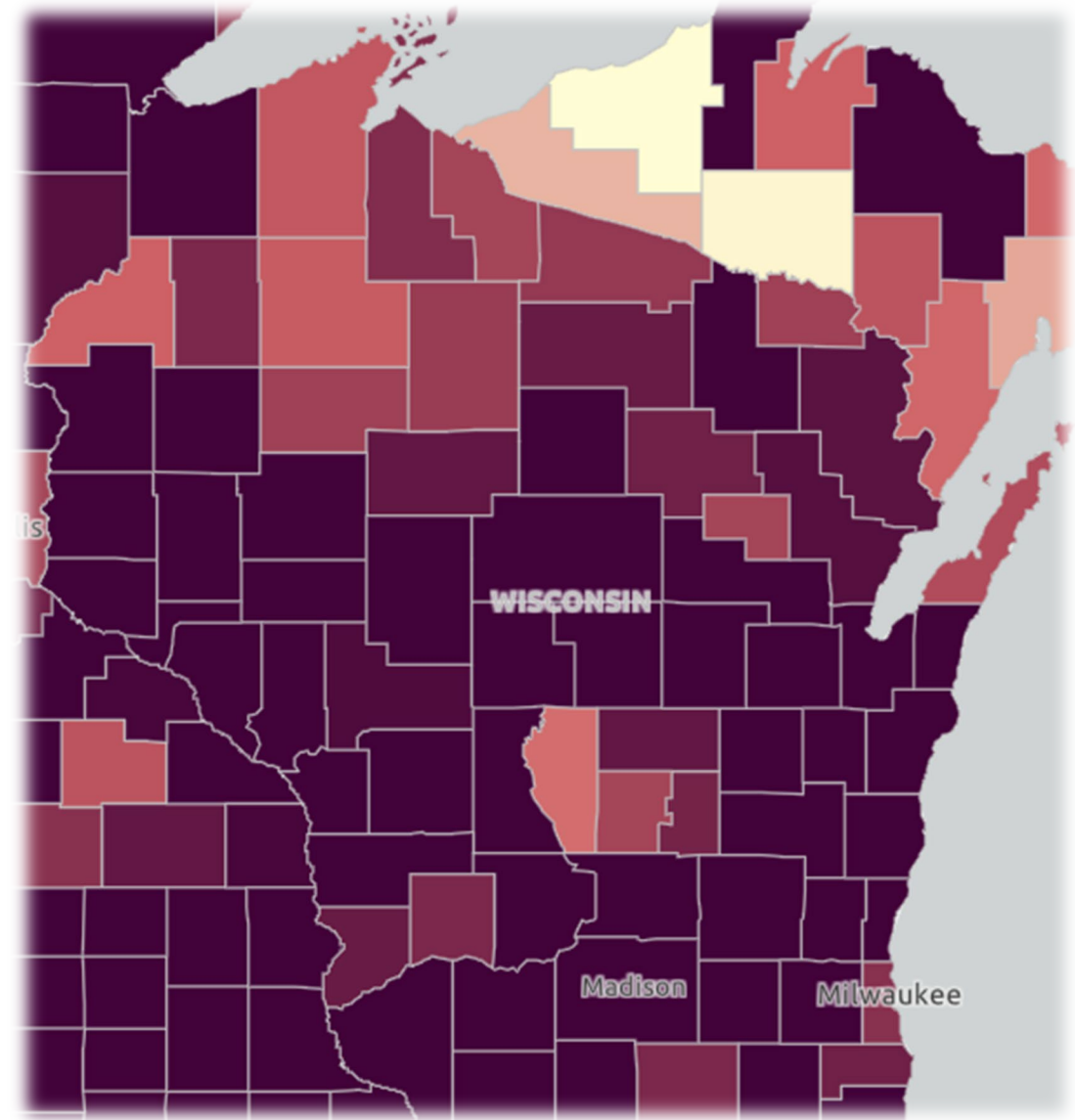


Image from CDC.gov/places

Keep Learning, Stay Connected, Have Some Fun!

In your own home with friends or at your local aging agency and/or senior center



Attend a
falls
prevention
class



Host a
Protein
and
Hydration
Party



Play
Nutrition
and Falls
Jeopardy
Game



Play
Protein
Guessing
Game
Cards



Check out
the
additional
handouts
and
resources

What is the Stepping Up Your Nutrition (SUYN) Class

Label reading is one component of the class that participants enjoy!



Photo by Kampus Production:
<https://www.pexels.com/photo/elderly-man-looking-at-a-product-8422692/>

Acknowledgments

The Stepping Up Your Nutrition™ Workshop was created by the Maintaining Active Citizens (MAC), Inc. Living Well Center of Excellence, the Maryland Department of Aging, and the nutrition professionals who provided guidance through key developmental roles. Abbott provided support for the development of this workshop and materials.



MAC
Maintaining Active Citizens
Your Area Agency on Aging
Dorchester, Somerset, Wicomico, Worcester





About the Class



- 1 Session | 2 to 2 ½ hours



- Interactive & fun



- Learn foods that are high in protein & hydration tips



- Sample protein-rich foods

Questions and Answers



Moving Forward: Remember...



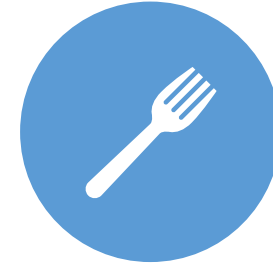
- INCLUDE
PROTEIN AT
MEALS &
SNACKS



- DRINK
FLUIDS
REGULARLY



- EAT
COLORFUL
FRUITS &
VEGETABLES



- DON'T SKIP
MEALS



Thank You!

Kristi Cooley, RDN, CD kristi.cooley@gwaar.org

Pam VanKampen RDN, CD pam.vankampen@gwaar.org

Feedback

- Upon zoom exit
- Share your thoughts



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<https://wihealthyaging.org/?give=8NDR96EK>

<https://wihealthyaging.org/find-a-workshop/>

Healthy Living with Chronic Pain

Learn skills and strategies to better manage your chronic pain with this 6-week workshop.

[See Schedule](#)

Healthy Living with Diabetes

Learn skills and strategies to better manage your diabetes in this 6-week program.

[See Schedule](#)

Living Well with Chronic Conditions

Learn skills and strategies to better manage your health and help you to age well in this 6-week program.

[See Schedule](#)

Mind Over Matter: Healthy Bowels, Healthy Bladder

Improve or prevent bowel and bladder incontinence in this 3-session program. (For women only)

[See Schedule](#)

Physical Activity for Lifelong Success

A program designed for those who have not exercised in a while, this 10-week program will help you get started with being active!

[See Schedule](#)

Pisando Fuerte

Aprende como prevenir caídas con este programa de prevención de caídas multifactorial de 8 semanas.

[See Schedule](#)

Powerful Tools for Caregivers

Receive support and learn how to care for yourself as you provide care to another. To find a workshop, visit:
<https://www.powerfultoolsforcaregivers.org/class-type/wisconsin/>

[See Schedule](#)

Stand Up for Your Health

Sitting too much can be bad for your health. Learn how to sit less and stand more with this 4-week program.

[See Schedule](#)

Stepping On

Learn how to prevent falls with this 7-week multi-factorial fall prevention program.

[See Schedule](#)

Tomando Control de Su Salud

Learn skills and strategies to better manage your health and help you to age well in this 6-week program.

[See Schedule](#)

Vivir Saludable con Diabetes

Learn skills and strategies to better manage your diabetes in this 6-week program.

[See Schedule](#)

Walk with Ease

This 6-week walking program helps you to become more active, reduce pain from arthritis, and live better.

[See Schedule](#)



Upcoming Virtual Stepping On Workshop!

Falls may be common, but they don't have to be a normal part of aging!



**Stay Strong. Stay Independent.
Stay Steady with Stepping On!**

Stepping On is a fun, 7-week workshop that helps us stay steady and independent. **Studies show it can reduce falls by 31%!** Here's what you will learn:

- ✓ How to spot and avoid fall hazards at home and in your community
- ✓ How vision, medications, and footwear affect your balance
- ✓ Easy at-home exercises to build strength and improve balance
- ✓ How to safely get back up if you ever take a tumble

Upcoming Workshop:

Date: Mondays September 28 – November 16

Time: 9:00 – 11:00 a.m.

Virtual on Zoom

To Register: Call Suzanne at 608-852-0813 or email falls@wihealthyaging.org

Workshop Fee: \$25

Stepping On
A Fall Prevention Program

wiha
Wisconsin Institute
for Healthy Aging



Next for Age Well Series



Hearing Health: What Everyone Should Know About Hearing, Hearing Aids, & Healthy Aging



Hearing loss affects millions of people and goes beyond just making it hard to hear conversations. Join audiologist Juliëtte Sterkens and Wynne Whyman, who has had hearing loss since childhood, for a practical session on why you should pay attention to your hearing. Whether you are experiencing hearing changes yourself, are a long-time hearing aid user, or want to support a family member or friend, this session will make you a better-informed consumer. Learn why a hearing care provider who follows Best Practices can matter more than hearing aid technology, strategies for improving communication at home or on the go, options for situations when hearing aids are of little help, and how assistive listening technologies can help you hear great in large venues. Practical handouts and resources will be provided.



Presenters:

Juliëtte Sterkens, AuD
Wynne Whyman, MA, MSS
Center for Hearing Access

August 25
12:00-1:00pm

[Register Here](#)



Next for Age Well Series

Age Well Series

Stay Steady, Stay Connected: How Social Connection Supports Mobility as We Age

Social connection plays an important role in helping us stay healthy, active, and resilient. Join us to explore the link between social isolation, loneliness, and falls risk. We'll discuss how a fear of falling can lead to reduced activity, increased isolation, and decreased physical function, as well as ways to overcome the stigma that can prevent people from seeking support.

Participants will learn how meaningful relationships, community engagement, volunteering, and group activities can support physical and emotional well-being, boost confidence and mobility, and help build resilience against falls.

September 24
11 a.m. - 12 p.m.



Presenter: Debby Berenz,
Curative Therapy Services

[Register Here](#)



Next for Age Well Series

Age Well Series

The Power of Your Gut: How the Microbiome Shapes Healthy Aging

The foods we eat do more than provide energy—they also shape the health of our gut microbiome, the trillions of microorganisms that play an important role in digestion, immunity, and overall well-being. In this webinar, you'll learn how the gut microbiome interacts with the immune system and why these connections become increasingly important as we age. We'll explore the latest research on how diet influences gut health, what scientists are discovering about the relationship between the gut microbiome and healthy aging, and practical strategies that may help support lifelong health and reduce the risk of chronic disease.



Presenters:
Margaret Alexander, PhD
Assistant Professor, University
of Wisconsin - Madison

October 8
1:00-2:00pm

[Register Here](#)



Thank You, WIHA Sponsors!



Q&A

