

ACTIVE AND HEALTHY AGING

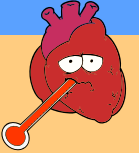
THE POWER OF FOOD!



UNDERNUTRITION CAN...

In Canada :
1 in 3 seniors is
at risk of
undernutrition.

- ☞ Cause significant and unintentional **weight loss**;
- ☞ Increase **vulnerability to infections** and make **current disease worse**;
- ☞ Make **recovery difficult** in the event of illness or injury;
- ☞ Decrease **energy levels**;
- ☞ Promote the **loss of autonomy**;
- ☞ Decrease **muscle mass** and increase **risk of falls**.



FACTORS THAT CAN LEAD TO UNDERNUTRITION:

- ☞ Depression/anxiety/cognitive disorders (ex. : dementia);
- ☞ Poor appetite;
- ☞ Difficulty chewing or swallowing (dysphagia);
- ☞ Loss of smell or taste;
- ☞ Difficulty shopping for groceries and preparing meals;
- ☞ Financial limitations to buy food;
- ☞ Social isolation and meals eaten alone.

The risks of undernutrition are present in the elderly normally and are increased in a context of isolation (Ex.: COVID-19).

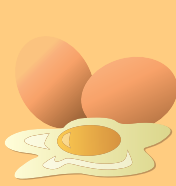
HOW TO PREVENT IT?

1 Proteins at each meal and snack.

Nuts/nut butter



Eggs



Other substitutes



Meat



Poultry



Fish/seafood



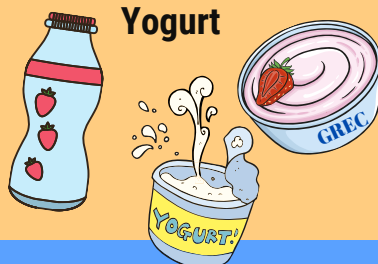
Milk



Cheese



Yogurt



In equal amounts, Greek yogurt has about **twice as much proteins** as regular yogurt.



DID YOU KNOW...

It is important to consume protein at every meal and even at snacks since **the body does not keep large reserves of it.**

HOW TO PREVENT IT?



Eating more regularly helps stabilize your **body's** hunger signals.

2 Stimulate appetite!

- 🍏 Be active before meals;
- 🍏 Instead of three big meals : **eat more often**, in **smaller quantities** and at **regular hours**;
- 🍏 Make meals attractive and appealing.



3 Plan ahead!

- 🍏 Cook larger quantities to store in the **freezer** or for **canning**;
- 🍏 Stock up on certain foods high in protein [ex. : nuts/nut butter, canned fish (tuna, sardines, etc.), pea or lentil soup, baked beans, eggs, powdered milk, etc.].



DID YOU KNOW...

Powdered milk can improve the nutritional value of food.

1/4 cup = 9 g of protein

The same amount as in 1 cup of liquid milk!

4 Each bite counts!!

- 🍏 Add tuna or cheese to a tomato sandwich;
- 🍏 Add powdered milk to foods (ex. : soup, mashed potatoes, cold cereal, oatmeal, cookie recipes, smoothies, etc.);
- 🍏 Cook oatmeal in milk instead of water;
- 🍏 Melt cheese over your pasta or vegetables;
- 🍏 Add protein to soups (ex. : chicken, lentils, beef, shrimp, fondue meat, etc.);
- 🍏 Eat the main meal before soup and beverages, in order to favor foods with a higher nutritional value.



It is not rare that appetite decreases with age. It is therefore important to **maximize the nutritional value of each bite.**



CONSULT YOUR DOCTOR IF:

- ✔ Your **appetite has decreased** or **disappeared**;
- ✔ You have **lost weight unintentionally**;
**Possible signs: losing 10 pounds in 6 months, looser clothes, thinner body and face, etc.
- ✔ For all **other concerns** regarding your health or diet.

If necessary, reach out to community services :
frozen meals
delivery service
food banks
volunteer action center,
etc.

Do not hesitate to ask to be referred to a Registered Dietitian.

Références: