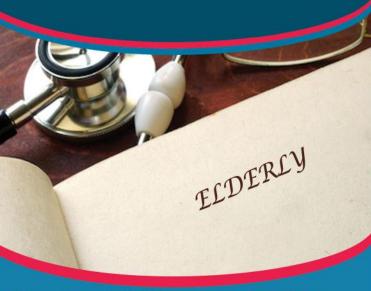




# Nutrition In The Elderly



### Dr. Majid Ghayour-Mobarhan Nutritionist from the UK

#### ➤ Consume More Fiber In Old Age <

Constipation is a common health problem in the elderly. This condition is seen in people over the age of 65 and is two to three times higher, especially in women. Older people tend to be less active and more likely to take medications that cause constipation as a side effect. Intestinal problems, including constipation and urinary tract disease, can occur with age, protected by increasing fiber intake.

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Calcium and vitamin D are two crucial nutrients for bone health. To counteract the effects of aging on vitamin D and calcium levels, get more calcium and vitamin D through foods and supplements. Some foods contain calcium, dairy, and dark green leafy vegetables. Meanwhile, vitamin D is found in a variety of fish, such as salmon and herring. Older people can also take a vitamin D supplement such as cod liver oil.

#### ➤ Need More Vitamin B12 In Old Age <

Vitamin B12 is a water-soluble vitamin, also known as cobalamin, and is essential for making red blood cells and maintaining healthy brain function.



10 to 30% of people over the age of 50 have a reduced ability to absorb vitamin B12 from their diet. Over time, this decrease in absorption can lead to vitamin B12 deficiency. Vitamin B12 in the diet is limited to the proteins in the consumed food. Older people can benefit from taking vitamin B12 supplements or foods fortified with vitamin B12.

Other nutrients that need to be increased in old age:

- ➤ Potassium
- ➤ Omega-3 fatty acids
  - ➤ Magnesium
    - ► Iron

Most of these nutrients can be obtained from a diet rich in fruits, vegetables, fish, and lean meats. However, people on vegetarian or vegan diets can take iron or omega-3 supplements.



Older people are vulnerable to malnutrition. In the elderly, trying to get enough food faces many practical problems. Nutritional needs are not well defined in the elderly. As both lean body mass and basal metabolic rate decrease, so do the elderly's energy needs per kilogramof body weight.

#### ➤ Malnutrition And The Elderly ◀

Dietary fat is associated with cancers of the colon, pancreas, and prostate. Atherogenic risk factors such as hypertension, hyperlipidemia, and glucose intolerance, all of which are influenced by dietary factors, play an important role in coronary artery disease progression. Degenerative diseases such as cardiovascular and cerebrovascular diseases, diabetes, osteoporosis, and cancer, which are common dearly, are all affected by diet.



## ➤ The Effect Of Aging < On Nutritional Needs

Aging is associated with various body changes, including muscle loss, thinning skin, and decreased stomach acid. Some of these changes can make older people more prone to nutrient deficiencies; While others can affect a person's senses and quality of life.



Decreased stomach acid can affect the absorption of nutrients such as vitamin B12, calcium, iron, and magnesium.

Another challenge of aging is reducing the need for calories, which unfortunately creates a nutritional dilemma.

#### **Consume More Protein In Old Age**

Loss of muscle and strength is common in old age. Combining a high-protein diet with resistance exercise is one of the most effective ways to fight sarcopenia.

Eating a high-protein diet can help fight sarcopenia, muscle wasting, and strength.

