

Changing Nutritional Needs for Seniors



The Caraday Way

Care teams at Caraday develop plans to help decrease risks for developing serious health conditions and manage health risks, so they do not worsen over time – it's the Caraday Way!

We support our residents by offering "the correct portion size and always having great healthy options available."

Robin Bobo
Caraday of Mesquite

Eating healthy is important no matter your age. Proper nutrition is necessary for overall health, quality of life, and feeling great on the inside and the outside. As we get older, our bodies change in many ways, and it's essential to adapt nutritional intake to account for these changes.

Physiological changes later in life can spur nutritional changes too. Energy and function are two main areas where we see the most significant decline. Energy usually decreases due to a constant and gradual decline in basal metabolic rate, decreasing the need for large amounts of calories.

The recommended daily nutrition for seniors, according to the USDA, is as follows:

- 1 1/2 -2 1/2 cups of fruits
- 2-3 1/2 cups vegetables
- 5-10 ounces grains
- 5-7 ounces protein foods
- 3 cups fat-free dairy foods
- 5-8 teaspoons oils

Adequate nutrition helps older adults feel more energized and ultimately healthier. Monitor these critical nutrients in particular:

Calcium and Vitamin D

Older adults need calcium and vitamin D to maintain bone health. Aim for three servings of low-fat or fat-free dairy products each day. Fortified cereals, fruit juices, dark leafy green vegetables, and fatty fish are great calcium and vitamin D sources.

Dietary Fiber

Eat lots of fiber-rich foods to help you stay regular. Fiber can also lower your risk for heart disease and Type 2 diabetes. Eating more whole-grain breads, cereals, beans, and peas are all ways to increase the amount of fiber in your diet.

As your body changes, adapt so that you can maintain your quality of life as you age. Eating healthy and adopting recommended nutritional guidelines is one way to keep you feeling young and energized.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com