

HEALTHY EATING FOR SENIORS



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Baraza Group February 2021

Session Outline

FOODS TO EAT MORE OFTEN TO TAKE CARE OF YOUR BODY FROM HEAD TO TOE AS YOU AGE

- Brain
- Heart
- Digestion
- Bones/Muscle



Brain Health

- **Fish** 2-3x/week – especially cold water fatty fish
- **Nuts** daily – especially walnuts
- **Berries** 3x/week – fresh or frozen
- **Leafy Greens** daily, **Cruciferous Vegetables** 3x/week
- **Legumes** 3x/week – more meatless meals

“Eating beans increase the marrow of the leg-bones, enlarges the brain and produces fresh blood” Imam Jaffer As-Sadiq A.S.



Poll

Do you eat legumes (beans, mung, lentils/daal, chickpeas/chana, tofu) at least 3 times each week?



Brain Health Food Guide



Foods to Include	Servings	Serving Size
Vegetables Total	5 or more times a day	
Of this, be sure to include: Raw Leafy Greens (e.g. lettuce, spinach, mixed greens, kale, cabbage)	1 time a day	1/2 cup except 1 cup for Raw Leafy Greens
Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, kale, cabbage, bok choy)	3 times a week	
Fruit Total	4 or more times a day	1 medium or 1/2 cup
Of this, be sure to include: Berries (fresh or frozen)	3 times a week	
Unsalted Nuts or All-natural Nut Butters Total (e.g. almond butter, peanut butter)	1 time a day	1/4 cup nuts or 2 tbsp nut butter
Of this, be sure to include: Walnuts	4 or more times a week	
Beans or Legumes (e.g. chickpeas, kidney beans, lentils, navy beans)	2 or more times a week	1/2 cup
Fish or Seafood Total (not battered or fried)	3 times a week	3-4oz
Of this, be sure to include: Fatty fish (e.g. salmon, trout, sardines)	1 or more times a week	

- Choose whole grains (e.g. oats, brown rice, brown pasta, 100% whole wheat or whole grain breads, quinoa, bulgur, barley, whole grain pasta and breads) instead of refined grains (e.g. white rice, white pasta, white bread)
- Use low-fat milk (skim or 1%), yogurt (0-2%), and cheese (about 22%)
- Use extra-virgin olive oil as your main culinary oil for cooking, salad dressings, and added to bread and foods

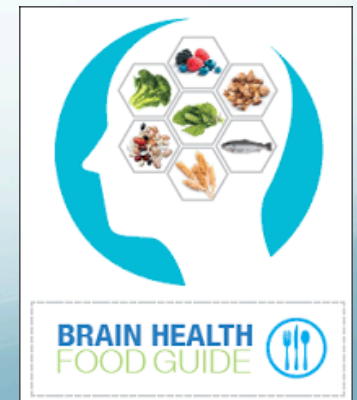


Foods to Limit	Servings	Serving Size
Any Meat and Poultry Total No more than 1 meal per day should include meat or poultry	1 or less per day	3-4oz
Of this, be sure to limit: Red and processed meats (e.g. beef, pork, lamb, liver, sausages, hot dogs, jerky, cold cuts, pepperoni)	less than 1 per week	
Butter, cream, or high fat dairy spreads (e.g. sour cream, cream cheese)	less than 1 per week	1tsp butter 1tbsp cream
White breads (e.g. bread, rolls, bagels, pita, tortilla)	1 or less per week	1 slice bread 1/2 bagel
Pre-packaged foods and meals (e.g. canned soup, instant noodles, frozen appetizers, and entrees)		
Potato chips, fries, pretzels, or other salty snacks or fried food	3 or less servings per week in total for all these foods	
Store-bought dairy desserts (e.g. ice cream, frozen yogurt, pudding, custard)		
Baked goods (especially store bought) (e.g. cookies, muffins, scones, croissants, donuts, cakes, pies)		Serving sizes according to The Nutrition Facts table on the food label
Candy and chocolate		
Pop, sweetened fruit juice or any other sugary drink		

Brain Health Food Guide

Simple dietary changes can have a powerful effect on brain health:

- After only 4 months of eating well, older adults performed as if they were 9 years younger on tests of reading and writing speed.
- Individuals who ate well for 4 years did not experience any memory loss.
- LEAD trial combines diet and exercise.



Poll

Do you have high blood pressure, high cholesterol, heart disease or diabetes?



Heart Health

- **Healthy Fats** – olive oil, nuts, seeds, avocado, fish

“Eat olive oil and anoint with olive oil as it is a blessed tree.” Holy Prophet S.A.W.

- **Fibre** – whole grains, fruits, vegetables, legumes
- **Antioxidants** – fruits, vegetables, nuts, seeds, olive oil



Mediterranean Diet

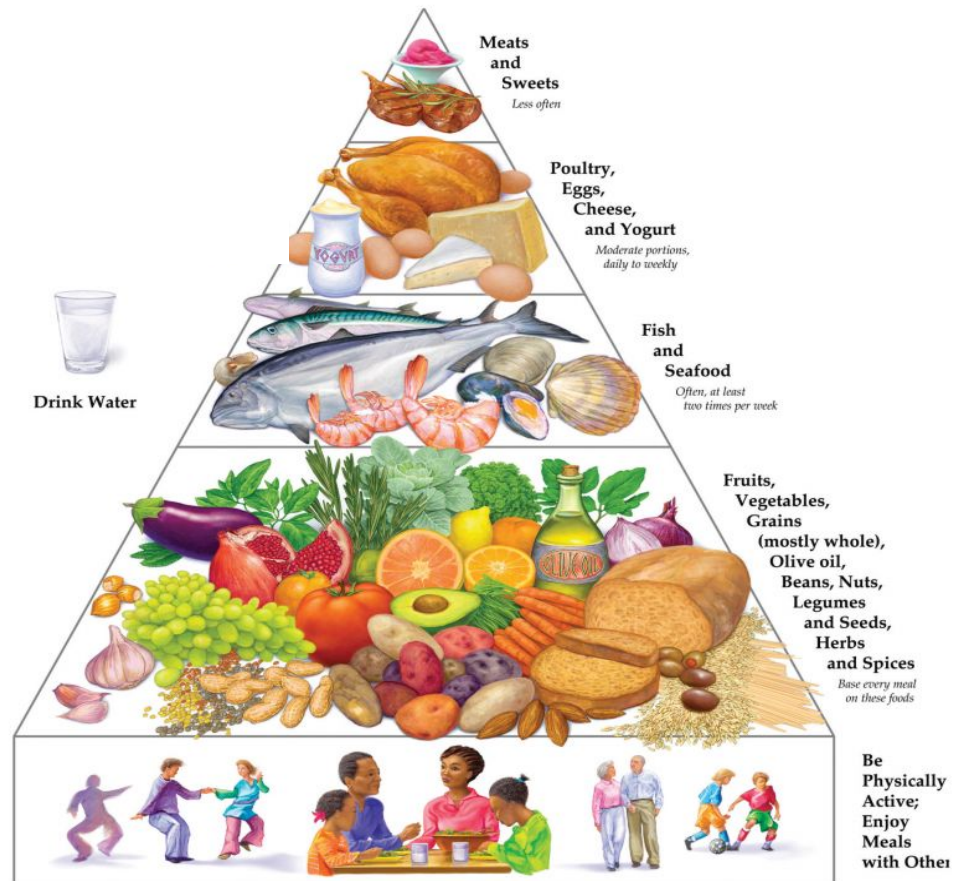


Illustration by George Middleton

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Mediterranean Diet

Eating the Mediterranean way can:

- Help control your blood pressure, blood cholesterol and blood sugars
- Lower your chance of developing health problems including heart disease, stroke, diabetes, and some cancers



Digestive Health

- Gut microbiome impacts many processes in your body including inflammation and immune system
- Feed your healthy gut bacteria with fibre
- Keep things moving with adequate fluids



Fibre Intake

- Aim for 25-50 grams per day
- **Include more plant based foods:**
 - Whole grains
 - Fruits and Vegetables
 - Legumes
 - Nuts and Seeds



Fibre in Foods

- **High:** 100% whole grain breads and cereals, bran, oats, barely, quinoa, whole fruits and vegetables (with skin if possible), nuts, seeds, legumes, popcorn
- **Medium:** 'brown' bread, instant oatmeal, peeled fruits, brown rice
- **Low:** white bread and naan, cereals made with refined rice and corn, white rice, most granola bars



Poll

Do you eat fruits and vegetables at **every** meal?



Fluid Intake

- 6 to 8 glasses (1.5 to 2.0 litres) of *total fluid* per day
- Includes water, coffee, tea, milk, soup
- Thirst sensation diminishes with age – do not rely on just thirst to guide your intake



Bone Health

- **Calcium:** 1000-1200 mg per day, mostly from diet
- **Vitamin D:** Sunshine vitamin. All adults over 50 in Canada should take a supplement.



Calcium in Foods

- **High:** milk and fortified non-dairy beverages, yogurt, cheese, canned salmon/sardines

“We produce for your drink, milk, pure and agreeable to those who drink it” Surah Nahl, 66.

“Take milk, as it grows the flesh and strengthens the bone” Imam Jaffer As-Sadiq A.S.

- **Moderate:** tofu, soy beans, white beans
- **Low:** dark green leafy vegetables, almonds, ice cream



Poll

Do you take Vitamin D daily?



Protein & Muscle

- Aim for at least 1.0 gram/kg body weight
- Fish, poultry, lean meat, eggs, dairy, legumes, nuts
- Include protein *at each meal (1/4 plate) and snack*
- Include both animal and plant proteins



Canada's
food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty
of vegetables
and fruits

Eat protein
foods

Make water
your drink
of choice

Choose
whole grain
foods

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Canada.ca/FoodGuide



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Think of Small Changes You Can Make



Resources

- unlockfood.ca



- cardiaccollege.ca
- diabetescollege.ca

Health e-University

- baycrest.org/BrainHealthFoodGuide



Questions

