



# Nutritional Interventions and Successful Aging for a New Generation of Mature Adults

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## The spectrum of nutrition as prevention in aging

Nutrition	Primary prevention	Secondary prevention	Tertiary prevention
	Health promotion	Risk reduction	Treatment/therapy
Definitions	Prevent disease and disability by reducing or eliminating potential risk factors	Lessen health risks by screening and early treatment before observable symptoms	Treat or remediate those with diagnosed health conditions
Goals	Enhance/maintain wellness through behavioral or environmental changes	Maintain/improve nutritional status and/or avoid illness among those susceptible because of genetics, lifestyle, age etc.	Prevent/delay disease progression, disability, pain, premature death
Activities	Generalized education or facilitation of healthful diets	Anticipatory screening, detection, early intervention	Individualized nutrition therapy for acute conditions and chronic diseases

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# YOU ARE WHAT YOU EAT

(Literally)

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# SO HOW DOES AGING AFFECT THAT? (That biochemical make-up)

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People born before 1946 were called The Silent generation.

The Baby Boomers, are people born between 1946 and 1959.

Generation X, people have been born between 1960 and 1979.

Generation Y, are the people born between 1980 and 2009.

**Why do we call the last group Generation Y?**

I never did know, but recently a cartoonist explained it to me very eloquently...

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Learned something new today!

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GÉNÉRATION





## The “New” Diet and Exercise List for Adults

- 1) Whole Grains W
- 2) Wine W
- 3) Water W
- 4) Coffee C
- 5) Chocolate C
- 6) Nuts N
- 7) Produce P
- 8) Protein P
- 9) Fish F
- 10) Exercise E

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# What can we do to prevent health problems, improve quality of life and increased longevity?

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# Reduce Salt Intake

Use “antioxidant - containing spices”

- Sage
- Thyme
- Rosemary
- Oregano

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Think about the  
foods you eat....

Make it a way of life!

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# Increase these foods for “Positive Aging”

- Black Beans
- Wine (Resveratrol)\*

\*Remember to monitor aspirin and other medications when consuming alcohol

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# Those Omega-3's Do Work

- Salmon
  - Lowers risk of rhythm disorders
  - Lowers blood triglycerides (2/week minimum)
- Tuna (Albacore)
- Mackerel
- Herring
- Lake Trout
- Sardines
- Anchovies

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## Extra Virgin Olive Oil

- Antioxidant (polyphenols)
  - Healthy monosaturated fats
- 
- Lowers cholesterol
  - Protects blood vessels

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# YOU CAN GO NUTS WITH NUTS

## Walnuts

- Lower cholesterol
- Good source of monosaturated fat
- High fiber

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## Almonds

- Vitamin E
- Plant sterol
- High in fiber
- Lower LDL
- Lower cholesterol
- Reduce risk of diabetes

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## Edamame (green soybean)

- Excellent source of soy protein
- Lowers blood triglycerides
- Increase fiber source

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# Tofu Can Be Fun!

- Excellent source of minerals
- High Fiber
- High PUFA's

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# Sweet potatoes

(great for persons with diabetes)

- Lower glycemic index
- High in fiber
- High in vitamin A
- High in Lycopene

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# Oranges

- High in fiber pectin  
(cholesterol lowering effects)
- Lower blood pressure through  
antioxidant hesperiden

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# Swiss Chard

High in potassium and magnesium  
(critical to blood pressure control)

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# Carrots

- May help control blood sugar and reduce risk of diabetes
- High in fiber (similar to oats)



# Barley

- Lowers cholesterol
- Lowers blood glucose levels

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# Oatmeal

- Lowers LDL
- Helps to maintain blood sugar levels stable over time (excellent for persons with diabetes)

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# Flax Seed

- High in fiber
- Source of phytochemicals (lignam)
- Source of plant form of Omega-3

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# Low Fat Yogurt

- High calcium
- High in potassium
- Helps control blood pressure

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# Tea (especially green tea)

May help prevent certain types of cancer.

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# Coffee

- Reduces onset of type II diabetes (3-4 cups per day - refers to 25% reduction)
- May reduce symptoms of dementia for persons with Alzheimer's

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# Ceyenna Chile Pepper

May help to stabilize insulin levels in  
overweight individuals.

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# Kosher Salt

$\frac{1}{2}$  the sodium

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# Cherries

Anthocyanins (antioxidant - protects  
blood vessels)

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# Blueberries

- Anthocyanins
- Betacarotene
- Vitamin C
- Lutein
- Folate
- Magnesium
- Potassium
- High in fiber

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So what do we all can  
share...

Whitney Houston, Robert Redford...  
...and the new middle agers 50-70+...  
THE

Baby Boomers → B<sup>2</sup> generation

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THANK YOU FOR YOUR ATTENTION

??? ANY QUESTIONS ???  
- DISCUSSION -

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