

SENIOR NUTRITION: FEEDING THE BODY, PLEASING THE MIND

SENIOR COMPANION PROGRAM TRAINING

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Objectives

At the end of the session, the participants will be able to:

1. Identify age related dietary changes and challenges among Senior Companions
2. Apply the knowledge of healthful diet towards Senior Companions.
3. Apply the knowledge of cooking smartly, reducing recipes and food safety and storage towards Senior Companions.

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Balanced Diet

+

Physical Activity

=

Higher Quality of life



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Nutrition and Balanced Diet



Sharpened mind



Feeling better



Live longer and stronger

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Changes in Dietary Needs

- ◉ Slow metabolism
- ◉ Weakened senses.
- ◉ Medications
- ◉ Digestion
- ◉ Loneliness
- ◉ Budget limitations
- ◉ Malnutrition



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Malnutrition

- ◉ Eat nutrient dense foods
- ◉ Have flavorful foods available
- ◉ Snack between meals
- ◉ Eat with company
- ◉ Help with food prep
- ◉ Advise to consult with a doctor

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Challenges!

- ◉ Eating alone

Not Any More

- ◉ Not hungry

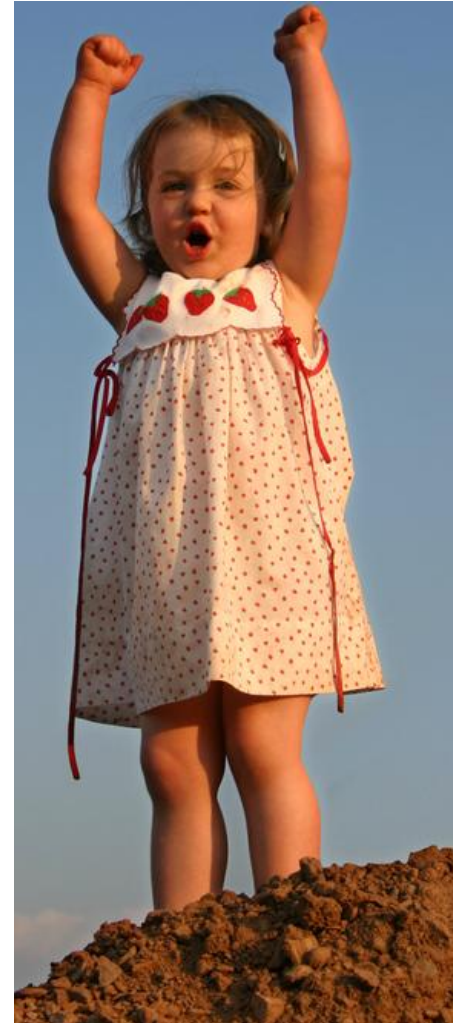
Experiment

- ◉ Difficulty chewing

Soft Foods

- ◉ Dry Mouth

Hydration



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Eat Healthful



- ◉ Reduce sodium
- ◉ Enjoy healthful fats
- ◉ Fiber up
- ◉ Avoid excessive simple carbs
- ◉ Look for hidden sugar
- ◉ Add colors to your plate
- ◉ Cook smart



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Cooking meals can be easy and enjoyable

- ◉ Plan Ahead
- ◉ Cook Simple Foods
- ◉ Cook in Bulk
- ◉ Recipe Reduction
- ◉ Enjoy the Meals
- ◉ Safe Food Storage



PLAN AHEAD

Day	Main Entree	Side
Monday	Grilled chicken Breast	Broccoli Florets & Steamed Carrots
Tuesday	Grilled Salmon With Tomato Sauce	Mixed Vegetables
Wednesday	Chicken Tacos	Tomato and Cucumber Salsa with Corn
Thursday	Chicken and Vegetables Soup	Baked Potato
Friday	Chili with Beans	Salad Greens
Saturday	Spaghetti with Beef and Vegetables Sauce	
Sunday	Left over day	Creamed Spinach

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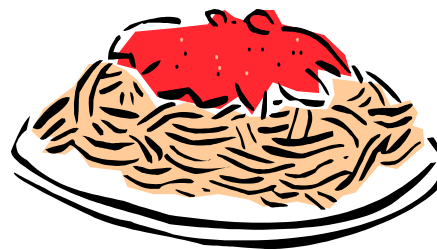
Cook Simple Cook Smart

- ◉ Prepare a grocery list and buy in bulk
- ◉ Keep the pantry stocked
- ◉ Keep a variety of favorite foods on hand
- ◉ Use all types of foods, fresh, frozen, canned, dried
- ◉ Cook foods together in the oven that need same temperature
- ◉ Cook in a slow cooker

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Shop and Cook in Bulk

- ◉ Cheaper if you buy in bulk.
- ◉ Shop with a friend and split foods
- ◉ Make a larger batch and freeze the rest for later.
- Pasta
- Chicken
- Sauces
- Soups
- Casseroles



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RECIPE REDUCTION

A Recipe for Four \longrightarrow for two \longrightarrow or one

Serves four	Half	1/4
1 cup=8 oz= 16 Tb	$\frac{1}{2}$ cup=4 oz=8 Tb	$\frac{1}{4}$ cup=2 oz=4 Tb
1oz=2 Tb=6 tsp	$\frac{1}{2}$ oz=1 Tb=3 tsp	$\frac{1}{4}$ oz= $\frac{1}{2}$ Tb=1 $\frac{1}{2}$ tsp
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup	2 Tb+2 tsp
$\frac{3}{4}$ cup	6 Tb	3 Tb

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Enjoy the Meals

- ◉ Do light exercise
- ◉ Set the table
- ◉ Play favorite music
- ◉ Lighting
- ◉ Keep the portion sizes smaller



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Enjoy the Meals

- ⦿ Eat when the food is hot. The food will smell better.
- ⦿ Make food appealing----add fresh herbs and spices
- ⦿ Invite a friend

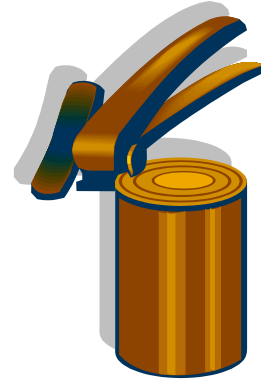
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Store Food Safely

- ◉ Store leftovers in the refrigerator or freezer.
- ◉ Store in thick plastic bags or shallow plastic containers.
- ◉ “FIFO” rule
- ◉ Store away from the stove, oven and direct sunlight.

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Store Food Safely



- Avoid dusty, dented or damaged canned and packaged products.
- Vegetable storage - Wrap them in paper towels or brown paper bags and store in the crisper drawers of the fridge.

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Numbers to Remember

- The freezer temperature should be 0 degrees Fahrenheit.
- The optimal temperature for the refrigerator should be 35-40 degrees Fahrenheit.
- Refrigerate perishables within 2 hours
- Consume cooked refrigerated foods within 72 hours

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Summary:

- Well balanced diet
- Changes in Dietary Needs
- Malnutrition
- Dietary Challenges
- Cooking Simple, Cooking Smart
- Recipe Reduction
- Enjoying The Meal
- Food Safety and Storage

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◉ **Myths About Healthy Aging**

◉ **MYTH: Old age means poor health and disability.**

◉ **Fact:** There are some diseases that are more common in older adults. However, getting old does not automatically mean poor health or that they will be confined to a walker or wheelchair.

◉ **MYTH: Memory loss is an inevitable part of aging.**

◉ **Fact:** You may eventually notice that they don't remember experiences as easily as in the past, and memories may take longer to retrieve. However, significant memory loss is not an inevitable result of aging.

◉ **MYTH: You can't teach an old dog new tricks.**

◉ **Fact:** Older adults are just as capable of learning new things, thriving in new environments, and sharing their wisdom and experience with many generations.

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