



NUTRITION CORNER



SEPTEMBER 2016



SPECIAL NUTRIENT NEEDS OF OLDER ADULTS

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also

SODIUM

In most Americans' diets, sodium primarily comes from salt (sodium chloride), though it is naturally found in some foods. Sodium is also added to others during processing, often in the form of salt. We all need some sodium, but too much over time can contribute to raising your blood pressure or put you at risk for heart disease, stroke or kidney disease.

How much sodium is okay? People 51 and older should reduce their sodium to 1,500 mg each day—that includes sodium added during manufacturing or cooking as well as at the table when eating. That is about 2/3 tsp. of salt.

Preparing your own meals at home without using a lot of processed foods or adding salt will allow you to control how much sodium you get. Look for grocery products marked "low sodium," "unsalted," "no salt added," "sodium free" or "salt free."

To limit sodium to 1,500 mg daily, try using less salt when cooking, and don't add salt before you take the first bite. If you make this change slowly, you will get used to the difference in taste. Eating more vegetables and fruit also helps—they are naturally low in sodium and provide more potassium.

*Content from the National Library of Medicine (NLM).
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Continued from front page

provide fiber.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.

Know Your Fats

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

VITAMIN AND MINERAL SUPPLEMENTS FOR PEOPLE OVER AGE 50

Vitamin D

If you are age 50–70, you need at least 600 IU, but not more than 4,000 IU. If you are age 70 and older, you need at least 800 IU, but not more than 4,000 IU. You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals.

Vitamin B₆

Men need 1.7 mg every day. Women need 1.5 mg every day. You can get vitamin B6 from fortified cereals, whole grains, organ meats like liver, and fortified soy-based meat substitutes.

Vitamin B₁₂

You need 2.4 mcg every day. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods, so make sure you get enough of the supplement form of this vitamin, such as from fortified foods. You can get vitamin B12 from fortified cereals, meat, fish, poultry, and milk.

Folate

You need 400 mcg each day. Folic acid is the form used to fortify grain products or added to dietary supplements. You can get folate from dark-green leafy vegetables like spinach, beans and peas, fruit like oranges and orange juice, and folic acid from fortified flour and fortified cereals.

CALCIUM FOR PEOPLE OVER 50

Women age 51 and older

1,200 mg each day

Men age 51 to 70

1,000 mg each day

Men age 71 and older

1,200 mg each day

Women and men age 51 and older: Don't take more than 2,000 mg of calcium in a day.

RECIPE CORNER



ROASTED PORK TENDERLOIN WITH RHUBARB BBQ SAUCE

DASH* friendly

INGREDIENTS

- 2 tablespoons extra-virgin olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 cups sliced rhubarb, fresh or frozen (thawed)
- 1/4 cup ketchup
- 1/4 cup packed light brown sugar
- 1 tablespoon cider vinegar
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon freshly ground pepper, divided
- 1 1-pound pork tenderloin, trimmed
- 1/4 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 425 °F.
2. Heat 1 tbsp. oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until starting to soften, about 2 minutes. Add rhubarb, ketchup, brown sugar, vinegar, Worcestershire and 1/4 tsp. pepper; stir to combine. Bring to a simmer and cook, stirring, until the onion and rhubarb are soft, about 10 minutes. Cover and remove from heat.
3. Meanwhile, heat the remaining 1 tbsp. oil in a large ovenproof skillet over medium-high heat. Sprinkle pork with salt and the remaining 1/4 tsp. pepper; add to the skillet and cook until browned on all sides, about 4 minutes.
4. Transfer the skillet to the oven. Roast the pork until an instant-read thermometer inserted into the thickest part registers 145 °F, 12 to 15 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes. Slice and serve with the sauce.

*Dietary Approaches to Stop Hypertension

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