



# Nutrition & CSFP: Older Adults

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# Agenda

- Dietary Guidelines
  - Adequate Nutrients
  - Physical Activity
  - Sodium and Potassium
  - Food Safety
- USDA Foods





# Dietary Guidelines for Americans: Older Adults

- Nutrients requirements
- Physiological changes
- Lifestyle
- Higher risk for certain conditions/diseases





# DGA's Key Recommendations for Older Adults



Adequate  
Nutrients



Physical  
Activity



Sodium &  
Potassium



Food Safety





# Adequate Nutrients for Older Adults

- Consume nutrient-dense foods and beverages.
- Limit intake of saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.
- Calcium, potassium, fiber, magnesium, and vitamins A (as carotenoids), B<sub>12</sub>, C, and E.





# Physical Activity for Older Adults

- Aging causes progressive decline in physical function.
  - Benefits of Physical Activity
  - Types of Physical Activity





# Sodium and Potassium for Older Adults

- Aim to consume no more than 1,500 mg of sodium per day
- Choose and prepare foods with little salt
- Consume potassium-rich foods, such as fruits and vegetables
- [\*Season Your Foods Without Salt\*](#) Fact Sheet



# Did you know...

...76 million cases of foodborne illness occur

...more than 325,000 people are hospitalized for foodborne illness

...5,000 people will die from foodborne illness





# Food Safety for Older Adults

Be Food Safe...from USDA



**Clean.**

Be Food Safe...from USDA



**Separate.**

Be Food Safe...from USDA



**Cook.**

Be Food Safe...from USDA



**Chill.**



# Major Pathogens That Cause Foodborne Illness

Pathogen	Food Source
<b><i>Campylobacter jejuni</i></b>	Contaminated water, Unpasteurized milk, Raw or undercooked meat, poultry, or shellfish
<b><i>Clostridium perfringens</i></b> “The cafeteria germ” because many outbreaks result from food left for long periods in steam tables or at room temperature.	Meats, meat products, and gravy
<b><i>Escherichia coli O157:H7</i></b>	Undercooked beef, especially hamburger, Unpasteurized milk and juices, like “fresh” apple cider, Contaminated raw fruits and vegetables, and water, Person-to-person
<b><i>Listeria monocytogenes</i></b>	Contaminated hot dogs, luncheon meats, cold cuts, fermented or dry sausage, and other deli-style meat and poultry Soft cheeses and unpasteurized milk Smoked seafood and salads made in the store such as ham, chicken, or seafood salad



# Major Pathogens That Cause Foodborne Illness

<i>Pathogen</i>	<i>Food Source</i>
<b><i>Noroviruses (and other calciviruses)</i></b>	Shellfish and fecal contaminated foods or water, Ready-to-eat foods touched by infected food workers; e.g., salads, sandwiches, ice, cookies, Fruit
<b><i>Salmonella</i></b>	Raw or undercooked eggs, poultry, and meat, Unpasteurized milk or juice, cheese, seafood, Contaminated fresh fruits and vegetables
<b><i>Toxoplasma gondii</i></b>	Accidental ingestion of cat feces through touching hands to mouth after gardening, handling cats, cleaning cat's litter box, or touching anything that has come in contact with cat feces, raw or undercooked meat.
<b><i>Vibrio vulnificus</i></b>	Undercooked or raw seafood (fish or shellfish)

HEY, THIS IS MY  
FOOD PYRAMID, GO  
GET YOUR OWN!

The Cow King's Quest  
4-2-05  
Duff





# Daily Amount of Food from Each Group

Calorie level	1600	1800	2000	2200	2400	2600
Fruits	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups
Vegetables	2 cups	2.5 cups	2.5 cups	3 cups	3.5 cups	3.5 cups
Grains	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq
Meat & beans	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq
Milk	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp
Discretionary Calorie Allowance	132	195	267	290	362	410



# Daily Amount of Food from Each Group

## The 2005 Dietary Guidelines (DG) Recommendations for **RCleveland** on 4/26/2005

Click directly on the    emoticon (face) for more detailed dietary information.

Dietary Guidelines Recommendations	Emoticon	Number of cup/oz. Equ. Eaten	Number of cup/oz. Equ. Recommended
Grain		4.8 oz equivalent	6 oz equivalent
Vegetable		3 cup equivalent	2.5 cup equivalent
Fruit		9 cup equivalent	1.5 cup equivalent
Milk		1.5 cup equivalent	3 cup equivalent
Meat and Beans		4.3 oz equivalent	5 oz equivalent

Dietary Guidelines Recommendations	Emoticon	Amount Eaten	Recommendation or Goal
Total Fat		24% of total calories	20% to 35%
Saturated Fat		7.3% of total calories	less than 10%
Cholesterol		156 mg	less than 300 mg
Sodium		2464 mg	less than 2300 mg
Oils	*	*	*
Discretionary calories (solid fats, added sugars, and alcohol)	*	*	*



# Daily Amount of Food from Each Group

## Your Pyramid Stats



Pyramid Categories	Percent Recommendation
Milk	50%
Meat and Beans	86%
Vegetables	120%
Fruits	600%
Grains	80%



# Did you know...

There are some health benefits of using many of USDA Foods offered

- Lowering the risk of heart disease
- Combating obesity
- Preventing certain forms of cancers





# Did you know...

In USDA's *MyPyramid.gov*

- Beans can be found in two food groups:
  1. Vegetable Group
  2. Meat & Beans Group





# Did you know...

- $\frac{1}{4}$  cup of cooked dry beans counts as 1 ounce-equivalent in the Meat and Beans Group
- $\frac{1}{2}$  cup of cooked dry beans counts as  $\frac{1}{2}$  cup in the Vegetable Group
- One 15 oz can of beans yields about 2 cups of drained cooked beans





# Cooking with Beans

- ↑ Protein, Dietary Fiber, and Folate
- ↓ Fat and Sodium
- ∅ Cholesterol-free
- Rich in Vitamins, Minerals, and Antioxidants





# Cooking with Beans

- Using USDA Foods low-sodium canned dry beans can be a time saver for you
- Low cost alternative protein source
- Canned dry beans may be stored indefinitely in their original sealed cans





# Did you know...

- Sweet potatoes are as American as apple pie
- A "yam" is really a variety of sweet potato grown in the South
- Is a nutritious and economical food





# Sweet Potatoes:

Oh so good for you!

- Sweet Potatoes, Canned (A223)
  - Complex carbohydrates
  - Dietary fiber
  - Vitamins A & C, and B<sub>6</sub>





**THANK YOU**

