



Healthy Eating for Older Adults

Karen Bergs, R.D.

Edited by Dr. Nedra Christensen and Heidi LeBlanc

Fluid Facts

- Adults need an average of eight cups of water a day.
- Water is needed to keep your body working properly.
- By not getting enough water, you can become dehydrated.
- Signs of dehydration include: dry skin, dry mouth and throat, rapid heart rate, lack of energy and weakness.
- To increase your water intake, keep a pitcher of water in the refrigerator and drink from it throughout the day.
- Try not to drink too many products with caffeine. They can make your body lose water.
- Thirst is not a good indicator of need for water.

Meals in Minutes

- * Too busy or tired to cook? Try these ideas to create meals in minutes!
- * Bored with oatmeal or Cream of Wheat? Try adding milk to your favorite dry cereal and heat it up in the microwave for a quick hot cereal.
- * Keep your pantry stocked with "quick foods" such as canned fruit or vegetables, pasta, rice, tuna and peanut butter.
- * Plan to cook one day of the week to prepare meals for the rest of the week.
- * When you do have time to cook, make a double batch and freeze the rest for later.
- * When you make casseroles or soup, put the leftovers in small containers and freeze for another time.
- * Cut up fresh fruits and vegetables when you get them, so they are on hand when you are in a hurry.
- * Occasionally buy individual frozen meals to be used for fast meals and easy clean-up.

On a Budget?

- ♣ Buying food can be expensive. Here are some tips for cutting down your food budget:
- ♣ Make a shopping list and stick to it.
- ♣ Don't shop when you are hungry. You'll buy more than you need.
- ♣ Shop only once a week.
- ♣ Compare prices. Generic or store brands are usually cheaper.
- ♣ Ready made foods may be more expensive than making the food yourself.
- ♣ Buy fruit and vegetables at various stages of ripeness so you can have one for today and one that will be ripe in a few days.



Trouble with Milk?

The older you get, the more trouble you may have with digesting milk. Here are some suggestions to try if you have trouble with milk:

- Eat smaller amounts of dairy products at one time.
- Eat dairy products with a meal, and not alone.
- Eat aged cheeses such as Swiss or cheddar rather than mild cheeses.
- Eat yogurt with "active cultures".
- Try products like Lact-Aid.
- Read labels. Watch out for products that have milk, milk solids, or lactose.

Not Hungry?

Just not hungry anymore? Try these tips to increase your appetite:

- Eat four to six small meals instead of three large meals.
- Keep your portion sizes smaller.
- Make meal time pleasant. Set the table, and remove the serving dishes. Play your favorite music.
- Give yourself time to eat. Don't answer the phone or watch television.
- Eat when the food is hot. The food will smell better.



UtahStateUniversity
FOOD \$ENSE
NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

Oat Bran Muffins

Yield: 12 muffins

2 1/4 cups oat bran
1/4 cup firmly packed brown sugar
1 1/2 tsp. cinnamon
1 Tbsp. baking powder
1 banana, mashed
3/4 cup applesauce
2 Tbsp. dried fruit (raisins or dates)
1 egg
1/2 cup orange juice
3/4 cup skim milk
2 Tbsp. canola oil

Preheat oven to 425°. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients. Add the liquid ingredients to the dry until it is moist. Spray muffin tin with a non-stick coating. Pour batter into muffin tins. Bake for 15 to 17 minutes. Remove muffins from pan after 10 minutes. Cool on a rack. Freeze muffins for later use.

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 12

Amount Per Serving
Calories 115 **Calories from Fat** 36

% Daily Value	
Total Fat 4g	6%
Saturated Fat 1g	4%
Cholesterol 19mg	6%
Sodium 138mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 7.5g	
Protein 4g	
Vitamin A 2%	Vitamin C 9%
Calcium 11%	Iron 8%

Utah State University Extension is an affirmative action/equal employment opportunity employer and educational organization. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture, Robert L. Gilliland, Vice President and Director, Cooperative Extension Service, Utah State University, Logan, Utah. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Sources:

Duffy RL. *The American Dietetic Association's Complete Food and Nutrition Guide*. Minneapolis, MN; Chronimed Publishing: 1996.
Ponichtera BJ. *Quick and Healthy Recipes and Ideas*. Dalles, OR; Scale Down Publishing: 1991.
Zeman FJ. Denise MN. *Applications in Medical Nutrition Therapy, 2nd Edition*. Englewood Cliffs, NJ; Prentice Hall: 1996.