



Nutrisyon ni Lolo't Lola,
Tutukan Ngayong
Pandemya!

Learning Objectives

Understanding the Dietary Guidelines in Older Adults

Describe special considerations regarding older adults

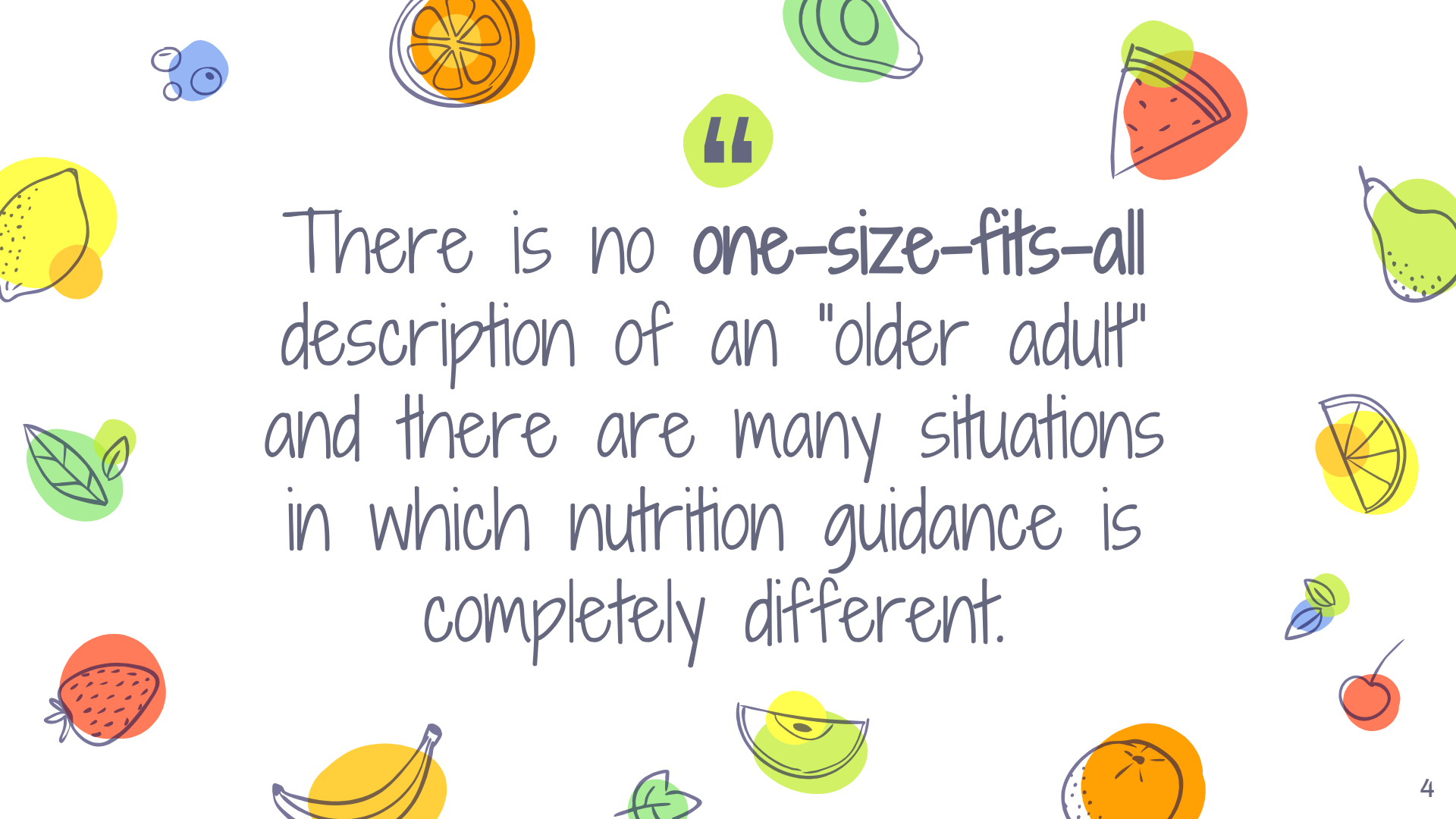
Provide framework and some guidance on how you can eat healthier as you age.



Description of the Diet

Diet is lower in energy value than the regular diet since energy requirement are reduced due to a decrease in the rate in metabolism and physical activity.



The slide is decorated with various hand-drawn illustrations of fruits and vegetables. At the top left is a blue bubble. Below it is a yellow lemon. To the right of the lemon is a green leaf. Further right is a red strawberry. At the bottom left is a yellow banana. In the center top is a green circle with two black exclamation marks. To its right is a green leaf. Further right is a red strawberry. At the bottom center is a green leaf. To its right is a green leaf. Further right is a red strawberry. At the bottom right is a red cherry. The background is white.

There is no one-size-fits-all
description of an "older adult"
and there are many situations
in which nutrition guidance is
completely different.

1 eat regularly

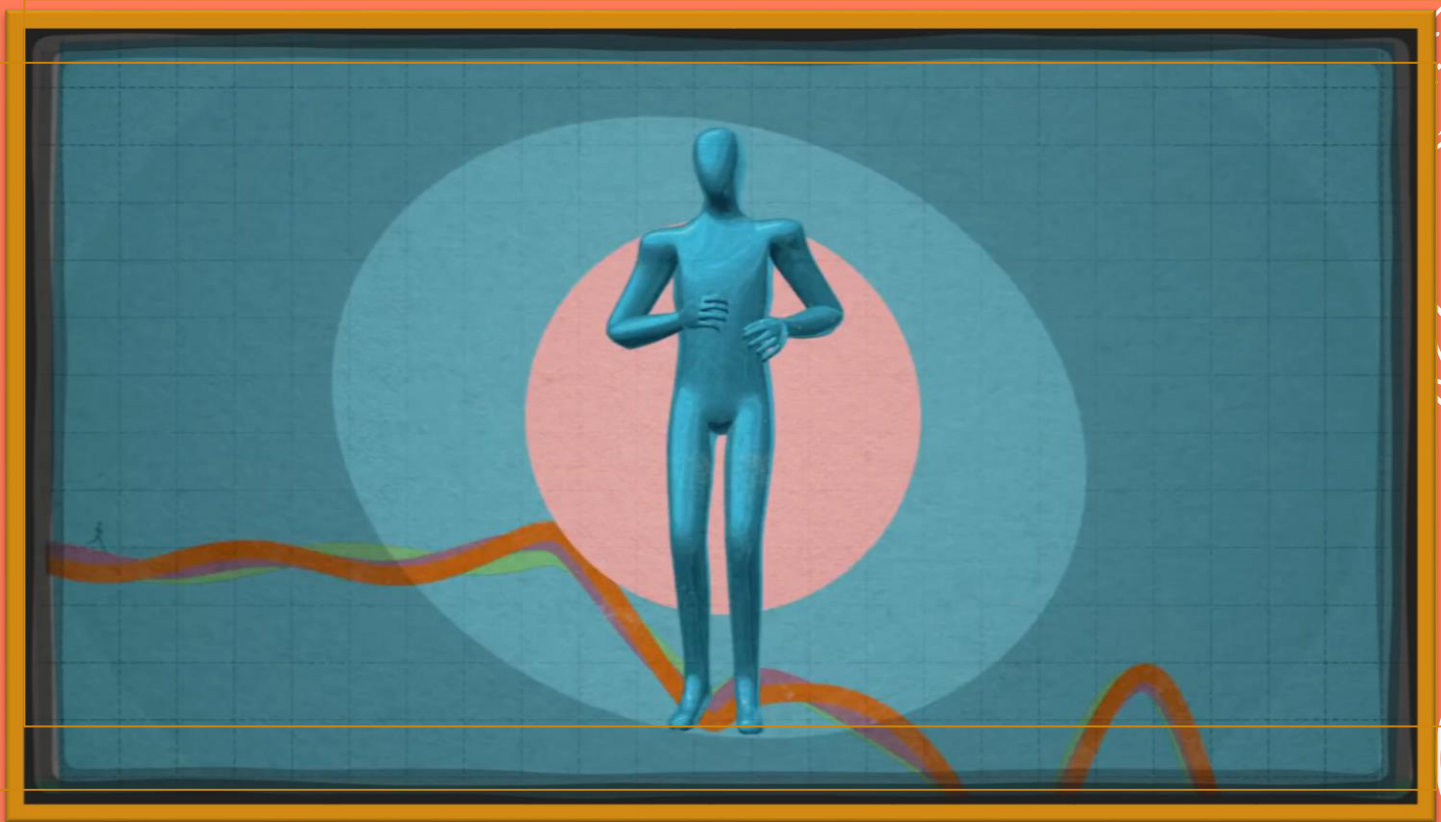
Hypoglycemia
(low blood sugar)

- tired
- irritable
- induces depression

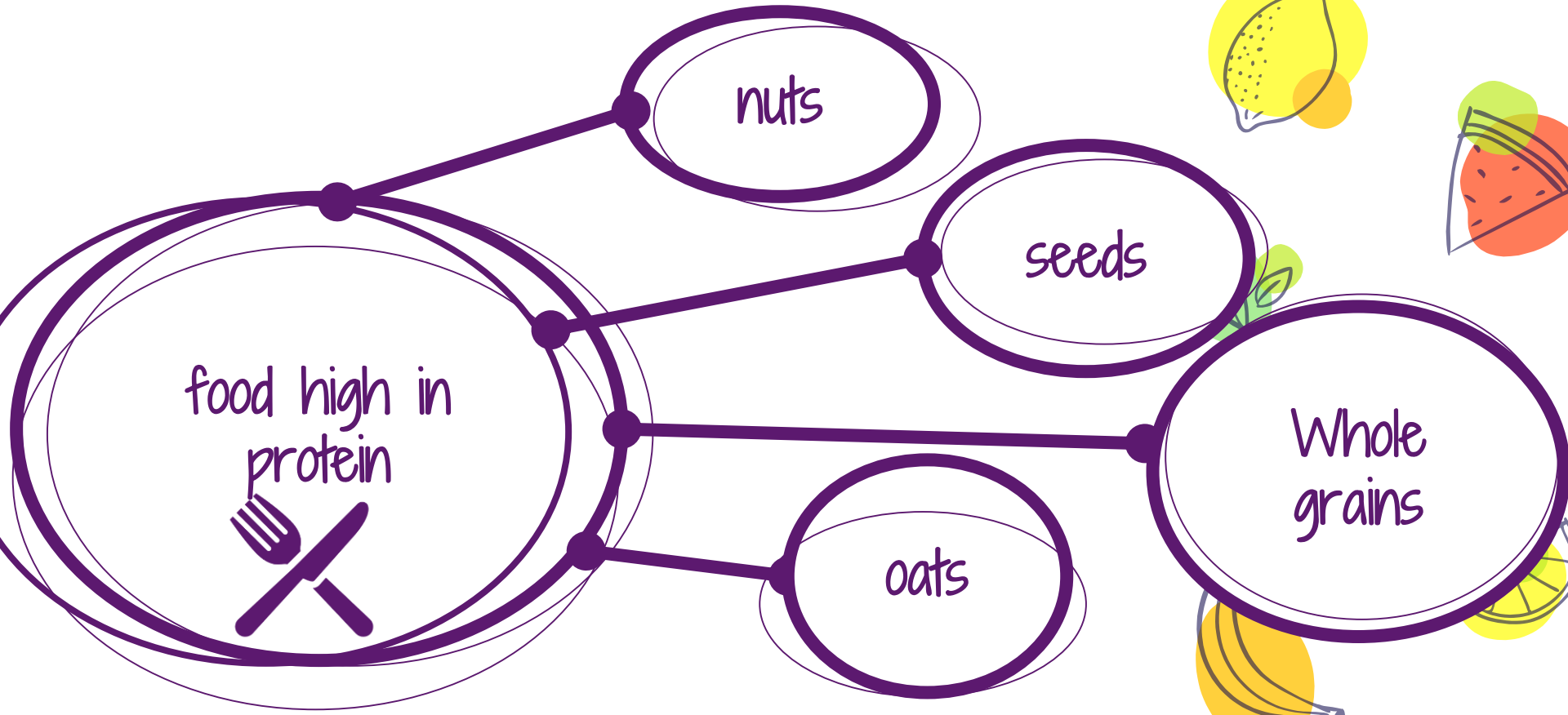
by eating regularly will keep your sugar steady



Glycemic Index



Try food that releases energy slowly!



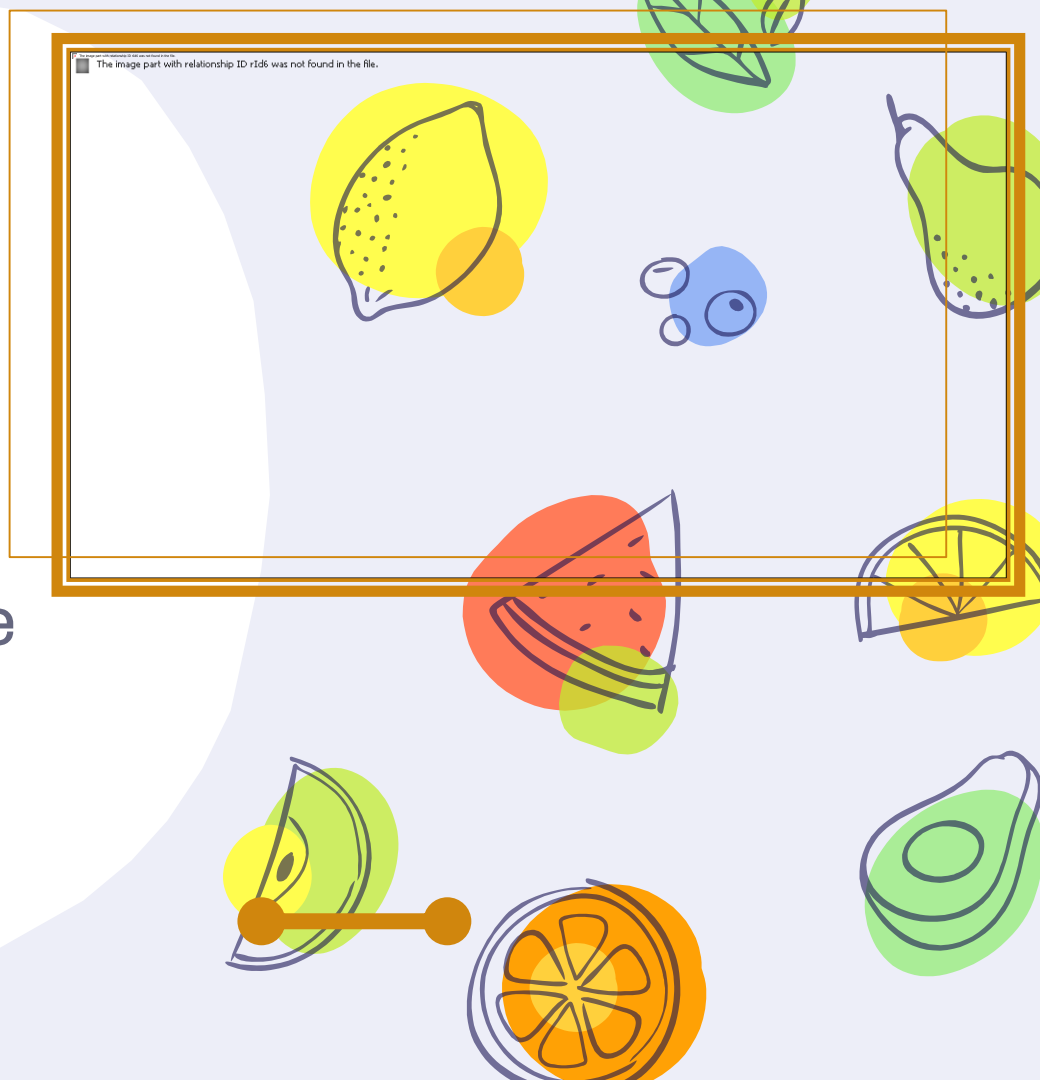
2 getting the right Fats

Our brains needs fats like

Omega-3 fatty acids

Omega-6 fatty acids

2-4 Tbsp/daily



Essential fatty Acids in the brain



The image part with Relationship ID 7125 was not found in the file.



The good fats

good fats



Olive and
sunflower
seeds

Milk,
yoghurt,
cheese,
eggs



3 High

quality protein

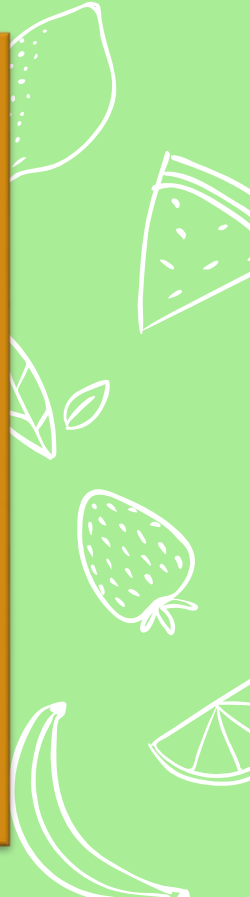
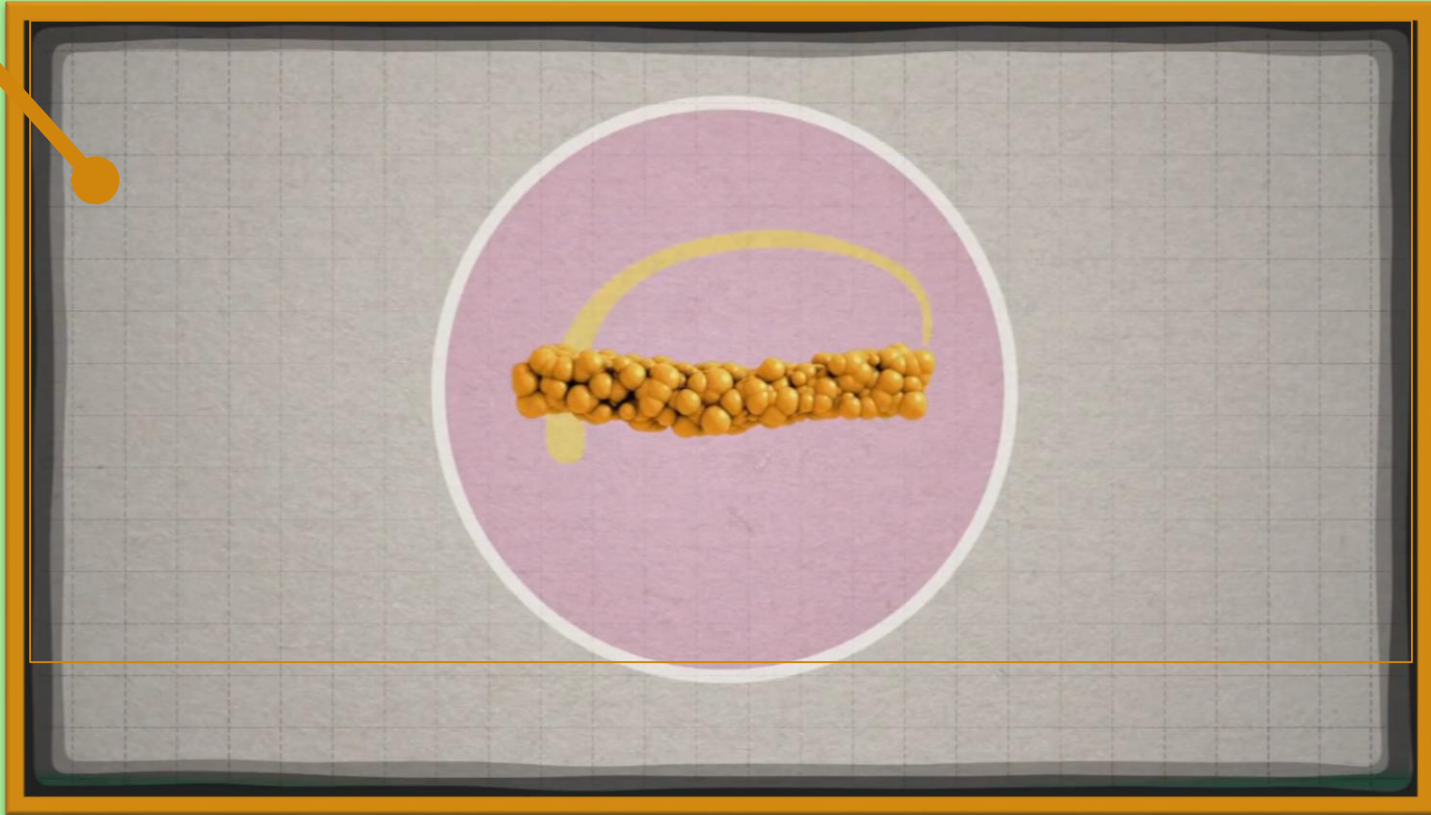
Amino acids

Controls blood sugar level
regulates thoughts and feelings

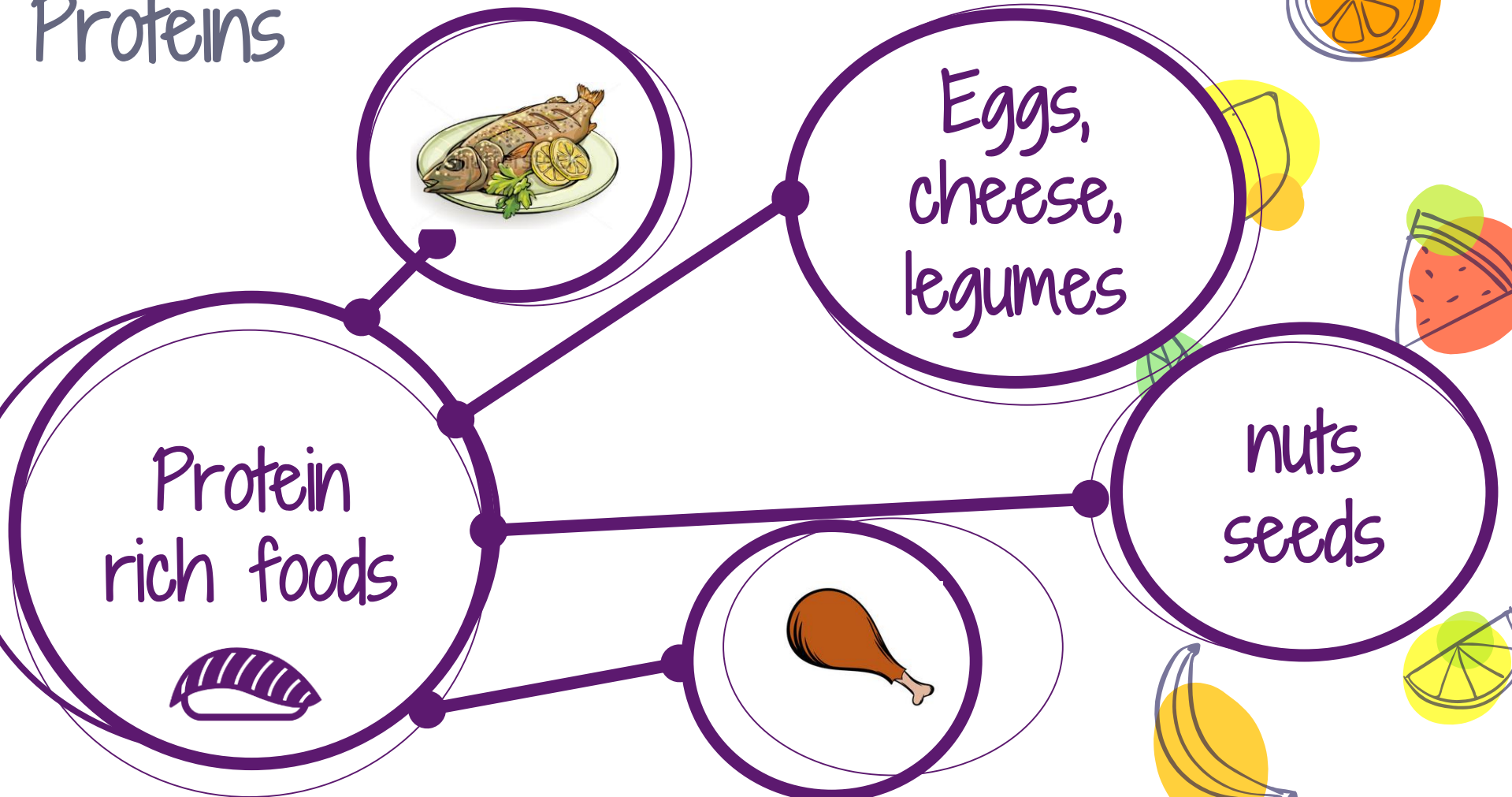
Building/repair tissue and maintain body mass.



Protein in our brain



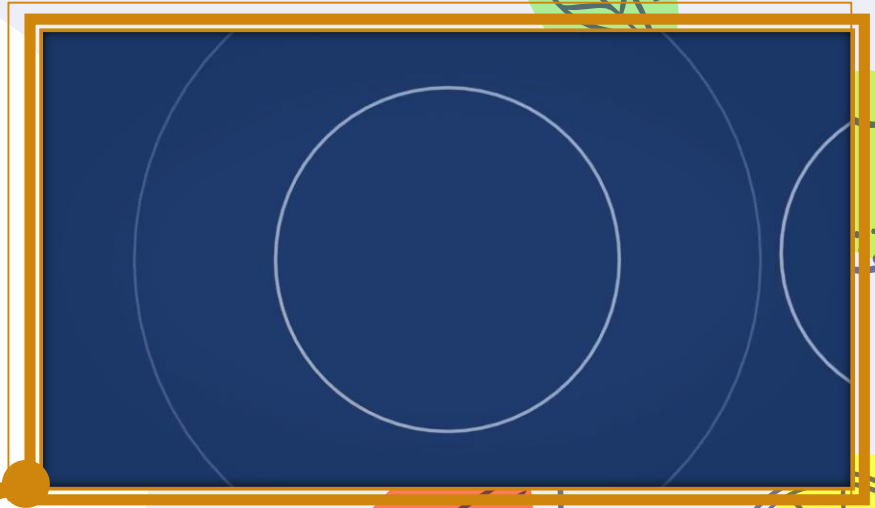
Proteins



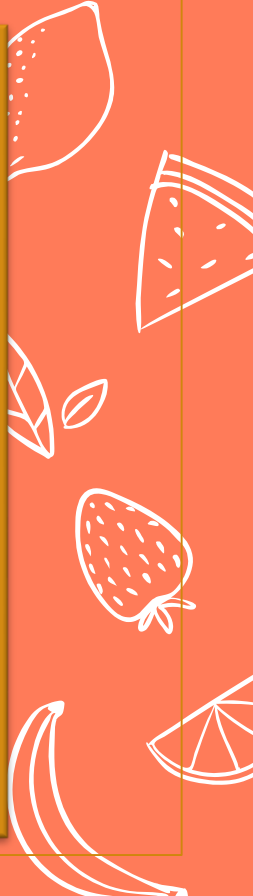
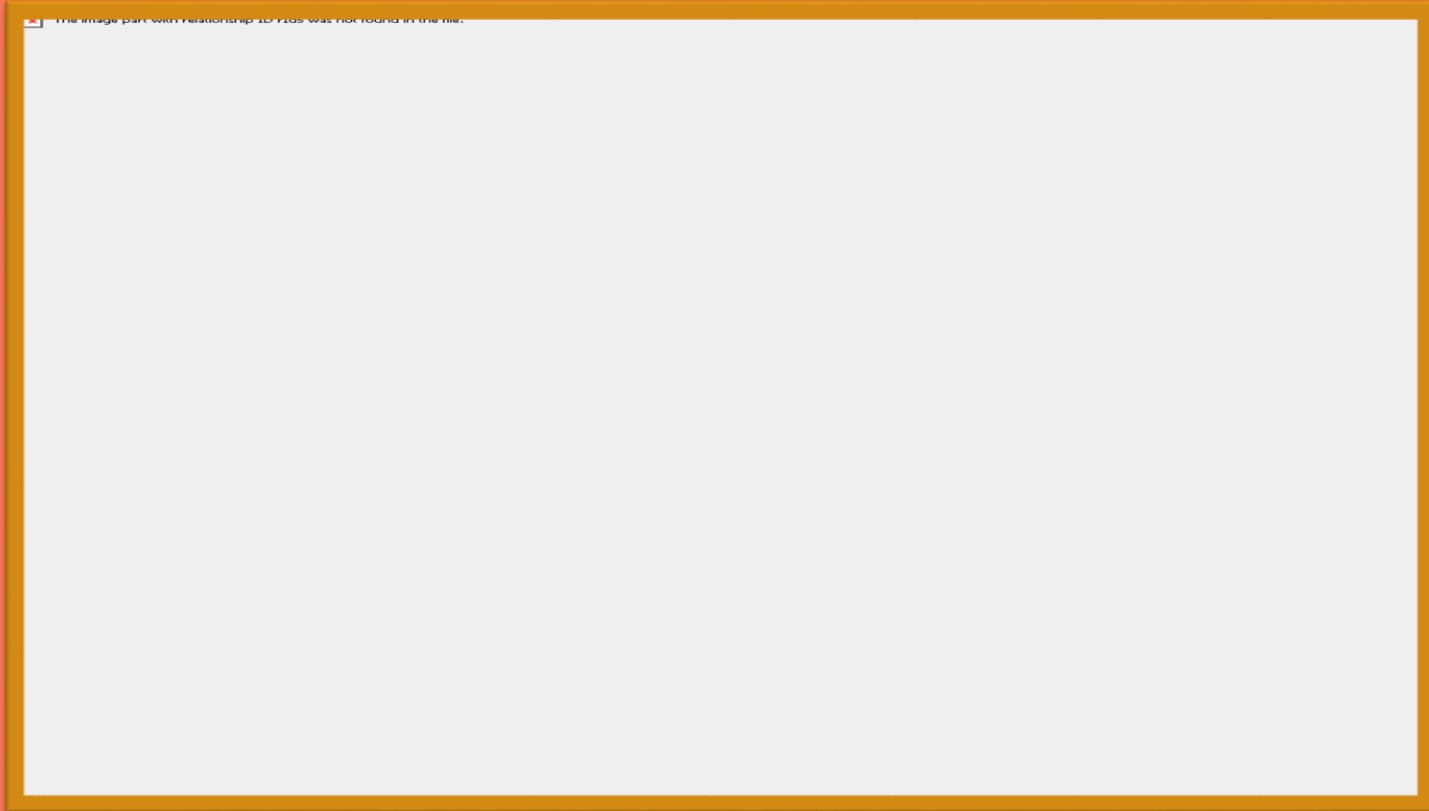
4 drink more!

hydrated

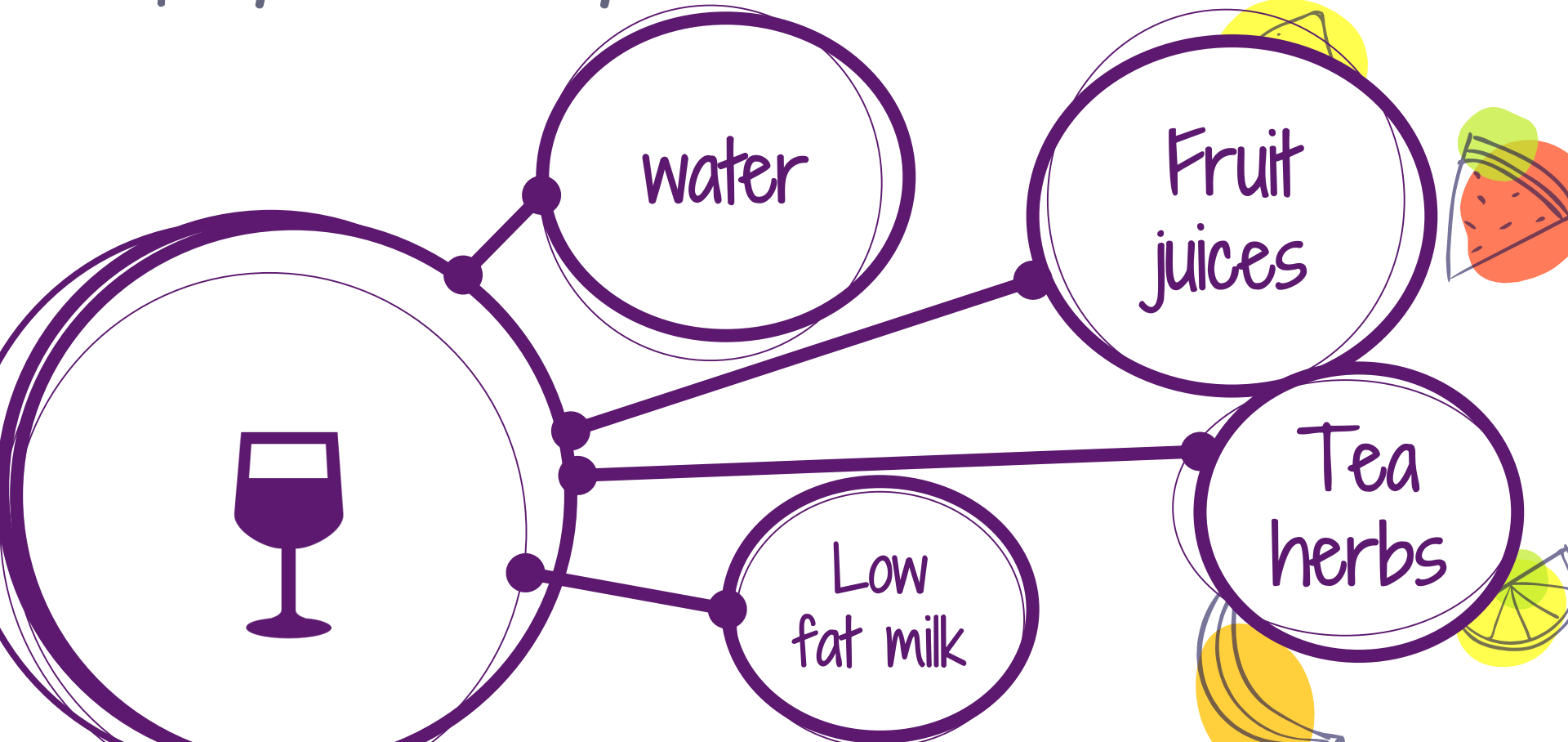
poor concentrations
constipated – no good moods



Fluids in the brain



Keep yourself hydrated



5

eat a

rainbow of fruits
and vegetables



minerals



vitamins



fibre

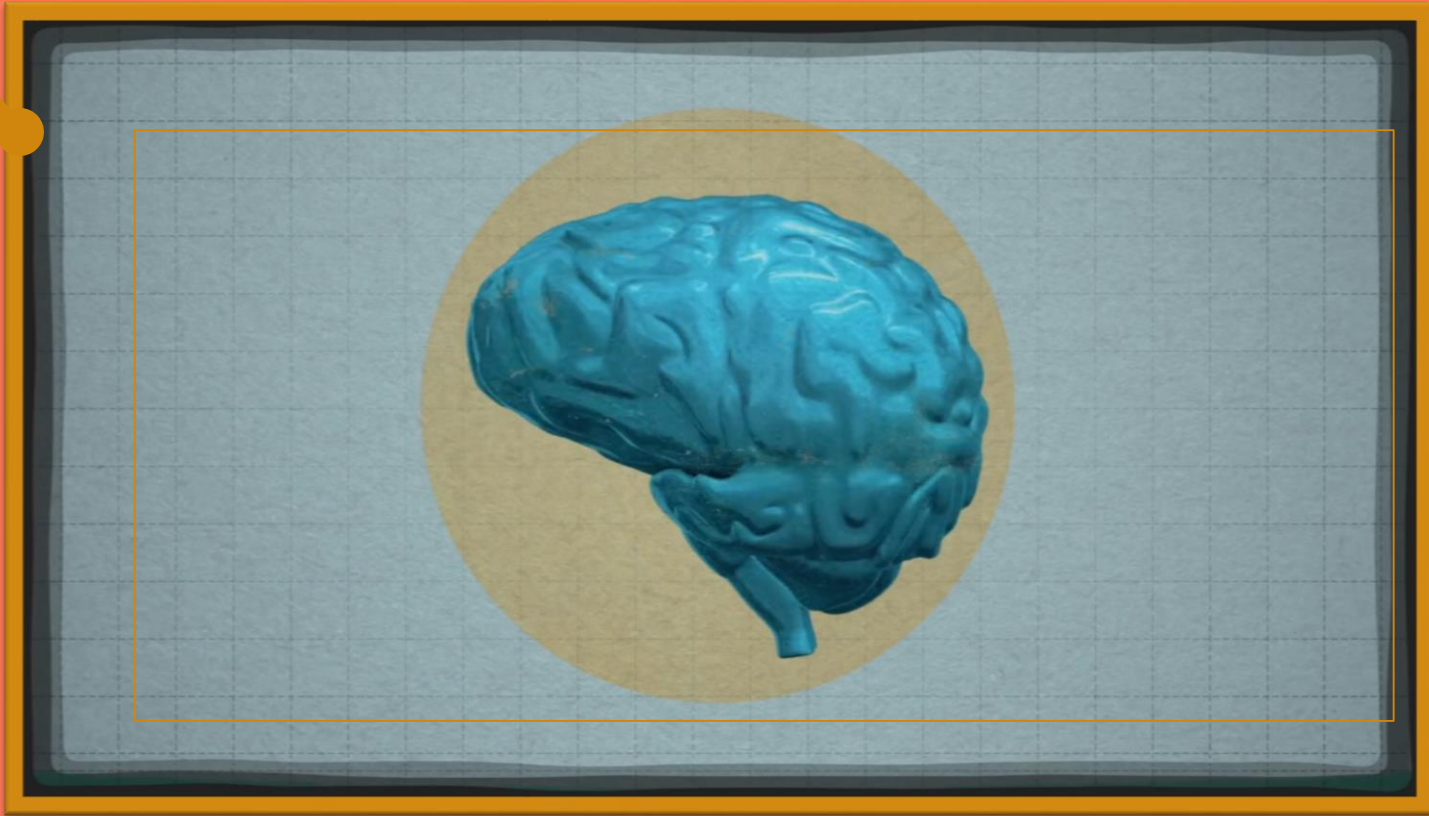
Variety of fruits everyday

Keep us

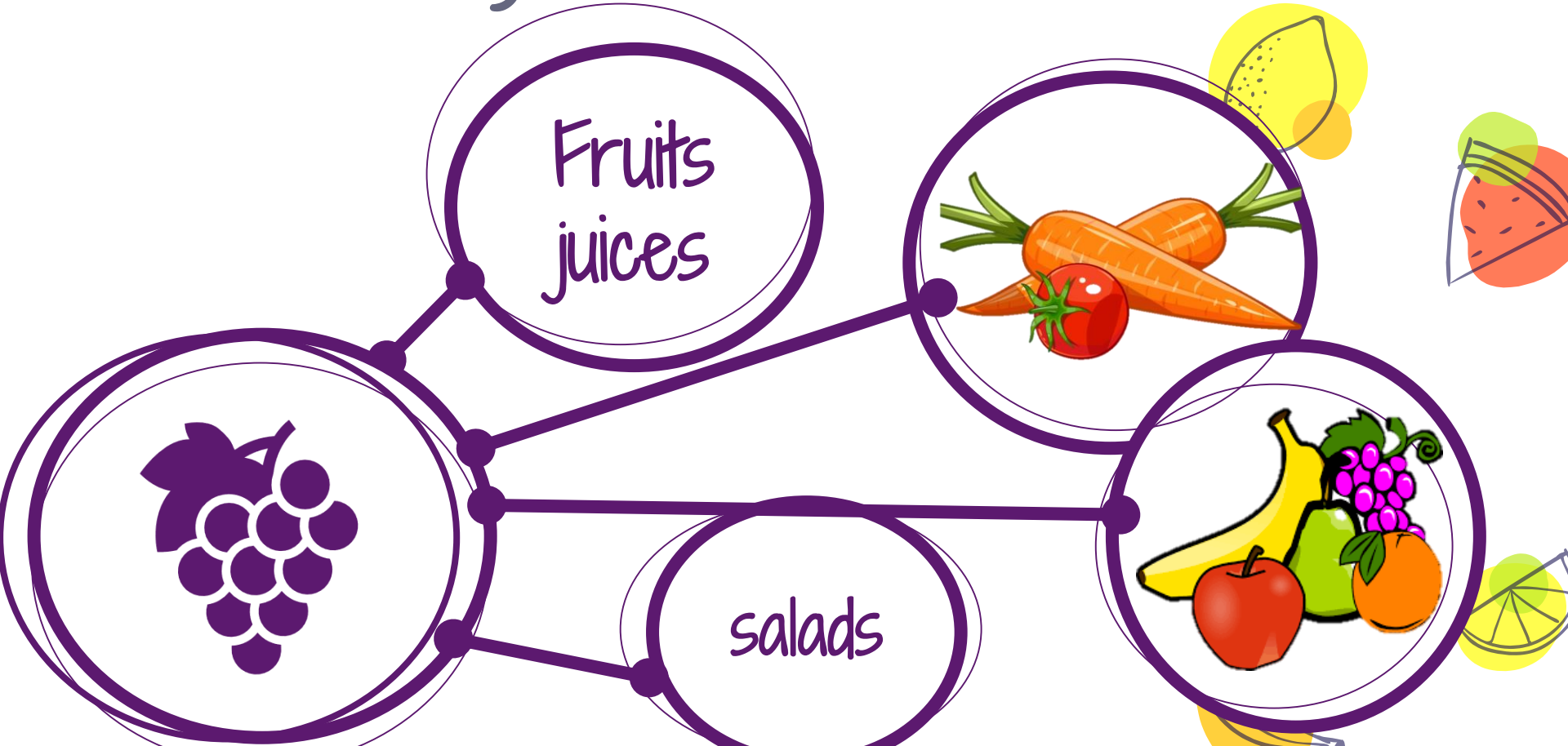
Physically and mentally healthy



Micronutrients in our brain



Fruits and vegetables



PINGGANG PINOY™

Healthy food plate for Filipino adults



SAMPLE ONE-DAY MEAL PLAN*

Breakfast

Fried *Bangus*
Camote Tops Salad
with Tomatoes
Rice
Banana

Lunch

Chicken *Tinola*
with Green Papaya
and *Malunggay*
Rice
Mango

Dinner

Fried *Galunggong*
Pinakbet
Rice
Watermelon

Snack

A.M Snack
Suman
P.M Snack
Boiled *Camote*

MALE



10 or more
glasses of
water
throughout
the day



1 glass of
milk daily

*based on a 2450-calorie diet

FEMALE



8 or more
glasses of
water
throughout
the day



1 glass of
milk daily

*based on a 1890-calorie diet



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Department of Science and Technology

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Foods to Limit

Added Sugar

Saturated Fat

Sodium



Supporting Healthy Eating

Enjoyment of Food

Ability to Chew or swallow foods

Food Safety



Physical Activity

Helps prevent muscle loss with aging

150-300 min moderate to intensity
aerobic exercise per week

Improves quality of life.



10

KUMAINMENTS

Sigla at lakas ng buhay

- I. Kumain ng iba't-ibang pagkain.
- II. Sa unang 6 months ni baby, breastfeeding lamang; mula 6 months, bigyan din siya ng ibang angkop na pagkain.
- III. Kumain ng gulay at prutas araw-araw.
- IV. Kumain ng isda, karne, at ibang pagkaing may protina.

V. Uminom ng gatas; kumain ng pagkaing mayaman sa calcium.

VI. Tiyaking malinis at ligtas ang ating pagkain at tubig.

VII. Gumamit ng iodized salt.

VIII. Hinay-hinay sa maaalat, mamantika at matatamis.

IX. Panatilihin ang tamang timbang.

X. Maging aktibo. Iwasan ang alak; huwag manigarilyo.





Thank you!