

Special Nutritional Needs For Seniors

We all have a good basic idea of what proper nutrition is. We know to avoid processed foods. They have fillers and preservatives. If they have not preserved you by now they are not going to. I am going to go over the changes that we need to keep in mind to stay healthy.

Vitamins are a way to get what you are lacking in your diet, though it is way better to get what you need from whole foods.

With age comes medications. It is very important that we talk to our doctors about how different medications affect our ability to absorb different vitamins and minerals we need to keep healthy. Please talk to your healthcare professional about what your new nutrition needs are.

Protein is a nutrient that there is a lot of different information about. The scholarly sources agree that people 65+ need 0.8 grams per 1 Kilogram (2.2 lbs). It is also very important to take this amount evenly throughout the day. Let's say you are about 150 lbs; this would lead to a whopping 55 grams you need to keep your muscle mass.

But remember that with age comes reduced physical activity and that means we burn up fewer calories. You need to balance your need for more protein with a need for less calories ... Or get more exercise.

For a basic grasp of Nutrition needs as we age here is a reference.

<https://www.winchesterhospital.org/health-library/article?id=874>