Wheat Foods: the Golden Grain for Your Golden Years
# Caloric Needs for Seniors

## Not physically active

<table>
<thead>
<tr>
<th>Gender</th>
<th>Calories a Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>1,600</td>
</tr>
<tr>
<td>Men</td>
<td>2,000</td>
</tr>
</tbody>
</table>

## Somewhat physically active

<table>
<thead>
<tr>
<th>Gender</th>
<th>Calories a Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>1,800</td>
</tr>
<tr>
<td>Men</td>
<td>2,200 – 2,400</td>
</tr>
</tbody>
</table>

## Very active

<table>
<thead>
<tr>
<th>Gender</th>
<th>Calories a Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>2,000</td>
</tr>
<tr>
<td>Men</td>
<td>2,400-2,800</td>
</tr>
</tbody>
</table>

Source: *National Institute of Aging*
Basic Food Needs

MyPlate Guidelines

- Make at least half your plate fruits/veggies
- Make at least half your grains whole grains
- Go lean with protein
- Get your calcium-rich foods
Particularly Important for Seniors

**Water**
- Important in preventing dehydration

**Vitamin B12**
- Needed to help keep blood and nerves vital

**Vitamin D**
- Essential to absorbing calcium and maintaining muscle mass
Why Eat Wheat

- May reduce risk of diseases like heart disease, diabetes and obesity
- Most whole grains are good sources of fiber
- May help with weight management
- Contains important nutrients
- Supplies glucose needed for brain functioning
Improving Cognitive Function

- Research shows that antioxidant vitamins and phytochemicals like those found in plant foods, including whole grains, detoxify the free radicals that reduce oxidation in the brain.

- This is important in improving cognitive functioning, particularly in those over 55 years old.
Are You Eating Enough?

People over the age of 50 need 6 – 7 ounces of grains each day!

Half of those should be whole grains.

One ounce is:

• A slice of bread
• 5 whole-wheat crackers
• 1 pancake
• ½ cup cooked pasta
• ½ English muffin

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Other Healthy Eating Tips

Reduce sodium (salt)

Season with herbs, spices which may help prevent high blood pressure

All fats are not “bad!”

Monounsaturated fats found in foods like olive oil can protect against heart disease

Add fiber to your diet

Whole grains and other fiber-containing foods help lower the risk of chronic diseases
More Tips For Healthy Eating

Don’t Forget Hidden Salt and Sugar

Cook Veggies the Smart Way

Put Color in Your Menu

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Your Dietary Needs Are Changing

Metabolism | Digestion | Diminished Senses | Medications

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Lifestyle Changes That May Affect Healthy Eating

As we get older, lifestyle changes may make it more difficult to ensure that our nutrition needs are being met.
Get the Nutrients You Need

• Avoid skipping meals which can lower your metabolism making you feel sluggish
• At breakfast, select high fiber breads and cereals, colorful fruit, and protein to fill you with energy for the day
• Lunch – Keep your body fueled with whole-grain breads, lean protein, and fiber
• Dinner – End the day on a wholesome note
• Snacks – Make sure you make it count by choosing high-fiber foods
Ways to Add Wheat to Your Diet

Eating alone? Try a sandwich

Plan ahead with wheat foods

The microwave and freezer are your friends

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And Don’t Forget Exercise

Strength training, in particular, can reduce symptoms of diseases and conditions like:

- Arthritis
- Diabetes
- Osteoporosis
- Obesity
- Back and Joint Pain
- Depression

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What About Whole Wheat?


Look for:

• The Whole Grain Stamp
• Words like “whole grain” or “whole wheat” on the label
• Lists whole grain (i.e. whole wheat) as first ingredient on label
What Makes the Golden Years Golden?
A Healthy Body!
References

• http://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/
• http://www.webmd.com/osteoporosis/features/the-truth-about-vitamin-d-vitamin-d-food-sources
• http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2773852/
• Alzoubi KH, Khabour OF, Salah HA, Hasan Z. Vitamin E prevents high-fat high-carbohydrates diet-induced memory impairment: The role of oxidative stress. Physiol Behav. 2013 Jul 2;119:72-8.
• www.wheatfoods.org