

FOOD AND FITNESS

WEST VIRGINIA BUREAU OF SENIOR SERVICES

Are You Eating Less as an Older American?

As an older American, no one shoe fits on every foot when it comes to eating. Eating as an older American can be easy for some, but very difficult for others. Finding the reasons behind a reduction in eating habits, and trying to overcome them, before a significant weight loss occurs are highly important for this at risk age group.



Eating less, or a decrease in appetite, can be a challenge to combat depending on your state of life. The first obstacle to overcome, is to determine what factors might be causing decreased appetite or ability to eat. The most common factors are:

Reduction in calorie needs

The older adults generally have a decrease in metabolic changes which in turn means a decrease in calorie needs. However, what we need to remember, is even though there is a reduction in calories they still need similar amounts of vitamins and minerals. Doctors may recommend adding supplemental vitamins and minerals to allocate for these changes.

Dehydration

Dehydration can cause a loss of appetite as well as create other medical problems. Many older adults do not drink enough fluids and become dehydrated. With the increase in medications, dehydration can commonly occur.

Inside this issue:

Are You Eating Less as an Older American?	1-2
Malnutrition in the Elderly Population	3-4
Fruit—Banana	5-6
Recipe—Peanut Butter Banana Cookies	7
Brain Exercise	8
August Monthly Observations	9
Monthly Motivator Tips	10

Are You Eating Less as an Older American?

(Continued from Page 1)

Lack of exercise

Not only are we referring to lack of exercise, but also a lack of mobility. The less your body moves, the less energy used.

Inability to prepare meals

Lack of ability to make food can range from not being mobile to not having the right equipment. When older adults live alone, preparing meals on their own may pose to be difficult.

Difficulty chewing, swallowing, or eating independently

Dental problems, medications, swallowing problems, dementia, or other medical problems have a reputation for creating a sense of not wanting to eat. The experience of eating turns into a task and is no longer enjoyable or pleasant.

Sensitivity to smell

Sensitivity to smell can go different ways. Some foods can create a nauseous feeling which sometimes can be related to medications. On the other hand, we tend to eat things that smell good. If we have decreased sense of smell, it doesn't trigger our appetite as before.

Decrease sense of taste

Taste not only changes as we get older, but taste buds become less sensitive to flavors. Food that was once full of flavor now may seem bland.

Depression or loneliness

Depression alone can often lead to a loss of appetite. Eating with a partner, family member, friend, or anyone is encouraged to regain an appetite.

A reduction in eating can cause a sudden weight loss and should be addressed. Finding the reasons behind eating less (especially if it is significant) should be brought to the attention of your doctor.



MALNUTRITION

IN THE ELDERLY POPULATION

Malnutrition is a largely preventable issue for America's elderly population. It can be found in care facilities, hospitals, and independent living alike. Check out this infographic to see what you can do for your loved ones.

THE ISSUE

Nearly 1 in 6 seniors is threatened by hunger



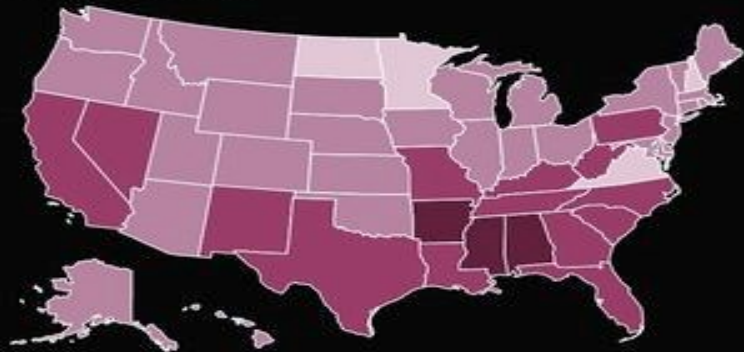
Seniors facing under-nutrition:

Over 10% in those independently living

10-50% in those hospitalized for acute illness

10-70% in those in long care units and nursing homes

A Nation-wide Problem



Percentage of Seniors Facing Hunger

20-25%

15-20%

10-15%

< 10%

CONTRIBUTING FACTORS

Health Concerns

These include chronic illness, medication side effects, and dental issues.

Limited Income

Some seniors may face financial struggles, which could limit their access to healthy food.

Depression

Depression from grief, loneliness, failing health, or lack of mobility can cause a decreased appetite.

Dietary Restrictions

Many seniors are instructed to maintain low sodium, sugar, and cholesterol diets. This may lead to a lack of essential nutrients.

Reduced Social Contact

Seniors may be isolated, and as a result may miss out on dining as a social activity.

Alcohol Consumption

Alcohol interferes with digestion, as well as the absorption of various nutrients.

RED FLAGS



Observe your loved one's eating habits :

If possible, observe them during meal times to assess their food habits. If they live in long-term care, try visiting during a meal.



Watch for weight loss:

This can be done either by direct monitoring with weigh-ins, or by observing other factors, for example, how their clothes fit.



Be aware of medications:

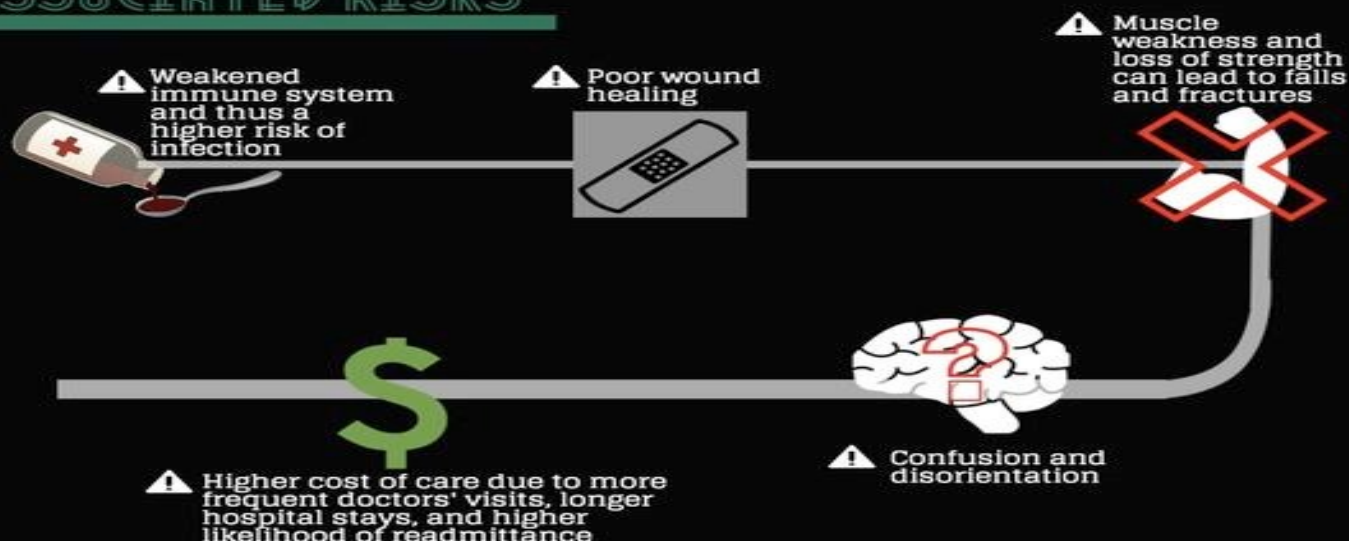
Prescription drugs can affect appetite, digestion, and nutrient absorption.



Other red flags:

These include poor wound healing, easy bruising, and dental difficulties.

ASSOCIATED RISKS



WHAT YOU CAN DO



Engage doctors

If you notice weight loss, work with your loved one's physicians to address any contributing factors. Then, assess the need for a referral to a dietitian.



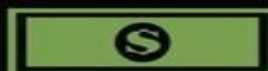
Make meals social events

Seniors often miss out on the social aspect of mealtimes. If they live independently, try inviting them for meals at your home, or preparing a meal together at their place. If they live in a home, try visiting during mealtime and eating with them.



Encourage eating nutrient-rich foods

Add nutrient-rich foods to your loved one's diet. Try nut butter on toast and fruit, chopped nuts in cereal, extra egg whites in an omelet, and cheese in soups, sandwiches and noodles.



Provide money-saving tips

Encourage your loved one to bring a shopping list to the grocery store, look for sales, coupons and fliers, and search for generic brands. You also might suggest frequenting restaurants that provide discounts for older adults.



Consider outside help

If necessary, hire a home health aid to shop for groceries or prepare meals. You might also try home visits from nurses and dietitians. Alternatively, consider Meals on Wheels or other community companies.



Encourage physical activity

Regular exercise, even if it's light, stimulates appetite, and promotes the strengthening of bones and muscles.

THE BOTTOM LINE

Identifying and treating nutrition issues early can promote good health, independence and increased longevity. Take the steps you need to ensure your loved one's nutrition.

Sources: Mayoclinic.org, nfresh.org



Fruit—Banana

Bananas are one of the most popular fruits in the world. In fact, some believe that the banana might have been the world's first fruit.

The banana is a part of the berry family. Bananas are full of potassium and pectin (which is a form of fiber). According to the U.S. Department of Agriculture, a person in the United States eats an average of 11.4 pounds of bananas each year.

Research has shown that as a banana ripens, the levels of nutrients rise. According to a study from 2009 published in the Food and Science and Technology Research, banana with dark spots were eight times more effective in enhancing the power of white blood cells than green-skinned bananas.

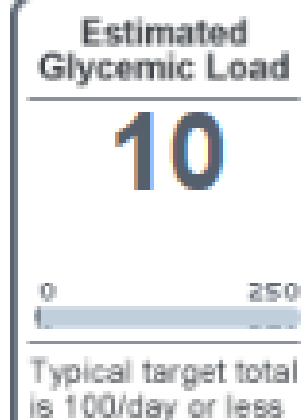
It used to be said that banana skin if eaten were poisonous, however, they are actually edible and full of nutrients. The peels can be eaten raw but most often are cooked. Although, it is not common to eat banana peels in the U.S., other parts of the world indulge in the beneficial nutrients the banana skin provides.



Joke

Q: What kind of a key opens a banana?

A: A monkey



NutritionData's
Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Potassium and Manganese, and a very good source of Vitamin B6.

The bad: A large portion of the calories in this food come from sugars.

Caloric Ratio Pyramid

[What is this?](#)

Caloric Ratio Pyramid for Bananas, raw

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

93%	3%	4%
Carbs	Fats	Protein

Bananas, raw



Serving size: 1 medium (7" to 7-7/8" long) (118g)

NUTRITION INFORMATION

Amounts per 1 medium (7" to 7-7/8" long) (118g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	105 (440 kJ)	5%
From Carbohydrate	97.4 (408 kJ)	
From Fat	3.3 (13.8 kJ)	
From Protein	4.3 (18.0 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	27.0 g	9%
Dietary Fiber	3.1 g	12%
Starch	6.3 g	
Sugars	14.4 g	

[More details ▼](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.4 g	1%
Saturated Fat	0.1 g	1%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	31.9 mg	
Total Omega-6 fatty acids	54.3 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	1.3 g	3%

[More details ▼](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	75.5 IU	2%
Vitamin C	10.3 mg	17%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.1 mg	1%
Vitamin K	0.6 mcg	1%
Thiamin	0.0 mg	2%
Riboflavin	0.1 mg	5%
Niacin	0.8 mg	4%
Vitamin B6	0.4 mg	22%
Folate	23.6 mcg	6%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	11.6 mg	
Betaine	0.1 mg	

[More details ▼](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	5.9 mg	1%
Iron	0.3 mg	2%
Magnesium	31.9 mg	8%
Phosphorus	26.0 mg	3%
Potassium	422 mg	12%
Sodium	1.2 mg	0%
Zinc	0.2 mg	1%
Copper	0.1 mg	5%
Manganese	0.3 mg	16%
Selenium	1.2 mcg	2%
Fluoride	2.6 mcg	

Peanut Butter Banana Cookies

Ingredients

- 2 cups all-purpose flour
- teaspoon baking powder
- 1/2 teaspoon cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/2 cup (1 stick) butter, softened
- 1/2 cup brown sugar, packed
- 1/2 cup creamy peanut butter
- 1 egg
- 1/2 cup mashed banana (about 1 medium banana)
- 1 teaspoon vanilla extract
- (optional: cane sugar, for sprinkling)



Directions

Heat oven to 350F. Line a baking sheet with parchment paper.

In a medium mixing bowl, whisk the flour, baking powder, cornstarch, salt, baking soda and cinnamon until combined. Set aside.

In the (separate) bowl of a stand mixer, cream the butter and brown sugar together on medium-high speed until light and fluffy, about 1 minute. Add peanut butter, egg, banana, and vanilla, and continue mixing on medium speed until combined, scraping down the sides of the bowl once if needed. Fold in the dry ingredients and mix until just combined.

Measure out a rounded tablespoon-full of dough, roll it into a ball, then place on the baking sheet. Use a fork to press down the top of the ball and make a criss-cross pattern. Sprinkle with a pinch of cane sugar, if desired. Repeat with remaining dough.

Bake for 8-10 minutes or until slightly golden around the edges. Cool for 10 minutes on baking sheet, then transfer to a wire rack to cool completely. Serve immediately or store in a sealed container for up to 1 week.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

Puzzles to Print Medium Letter Sudokus

I					D		B	H
H				G	B			
		C	A			F		
E	G			C		A		
	I		H	B	G		C	
		B		F			I	G
		E			C	B		
			G	H				A
D	C		B					I

© puzzles-to-print.com

WORD SUDOKU RULES

These are played just like a regular sudoku, except that each of the digits is replaced by a unique letter. Each of the nine rows and columns, as well as each of the nine subregions, must contain one and only one of each of the nine letters.



August Monthly Observation

- ◇ Admit You're Happy Month
- ◇ Family Fun Month
- ◇ National Cat-fish Month
- ◇ Nation Eye Exam Month
- ◇ National Golf Month
- ◇ Peach Month
- ◇ Romance Awareness Month
- ◇ Water Quality Month
- ◇ National Picnic Month

hello august

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 National Mountain Climbing Day	2 National Ice Cream Sandwich Day	3 Grab Some Nuts Day	4 Camp-fire Day
5 National Underwear Day	6 Wiggle Your Toes Day	7 National Lighthouse Day	8 Sneak Some Zucchini onto Your Neighbor's Porch	9 Book Lover's Day	10 Lazy Day	11 Presidential Joke Day
12 Middle Child's Day	13 Left Handers' Day	14 National Creamsicle Day	15 Relaxation Day	16 National Tell a Joke Day	17 National Thrift Shop Day	18 Bad Poetry Day
19 National Potato Day	20 World Mosquito Day	21 Senior Citizen's Day	22 Be an Angel Day	23 Ride the Wind Day	24 Vesuvius Day	25 Kiss and Make Up Day
26 National Dog Day	27 Just Because Day	28 Race Your Mouse Day	29 More Herbs, Less Salt Day	30 Toasted Marshmallow Day	31 National Eat Outside Day	

August Brain Power

By Lauren Weatherford, WVU Extension Agent – Fayette and Nicholas Counties

Monthly Challenge: Plan a time to try a new brain-healthy recipe and share it with one or more friends.

Health Motivator Talking Points

Brain volume is at its peak in our 20s. The normal aging process shrinks the cortex (outer layer of the brain), reduces the blood flow and neuro connections can be less efficient. What can you do to power up your brain? Try these tips:

- **Move more** – Physical activity increases blood flow and memory, improves mood, stimulates thinking and enhances learning. Aim for at least 30 minutes a day.
- **Eat a Mediterranean diet** – Fish and lean meats, whole grains, dark leafy green vegetables, olives and nuts are great for brain health. Limit saturated fats in meats and dairy products. Moderate amounts of red wine, coffee, tea and chocolate have some brain benefits.
- **Be social** – Time with others and rousing conversations stimulate the brain. Reminiscing, discussing issues and problem-solving with others boosts your mood and slows mental decline.
- **Mental floss** – Daily puzzles, reading and learning can promote new brain cell growth and improve the brain's function.
- **Sleep well and relax** – Sleep 7 to 8 hours a night. Take time for yourself to relax, pray or meditate.
- **Keep your numbers in check** – With your health care provider, monitor your blood pressure, cholesterol, blood sugar and weight. If you smoke, make a plan to quit.

Quick Club Activity:

Mental Math Movement

1. Ask each person to pick a movement (i.e., walk in place, arm circles, stretches, jump in place, shoulder rolls, etc.).
2. Call out a simple math problem (i.e., 2×2). Everyone shouts the answer and then does that many of their movement.
3. Repeat three times with a different movement each time.
4. Share the Monthly Challenge. What recipe will you try and who will you share it with?

Learn More

<https://healthybrains.org/pillars/>
<http://www.apa.org/research/action/memory-changes.aspx>



Chuckle of the Month:

"I've got the brain of a 4-year-old. I'll bet he was glad to be rid of it."
– Groucho Marx

WEST VIRGINIA BUREAU OF SENIOR

Food and Fitness



Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

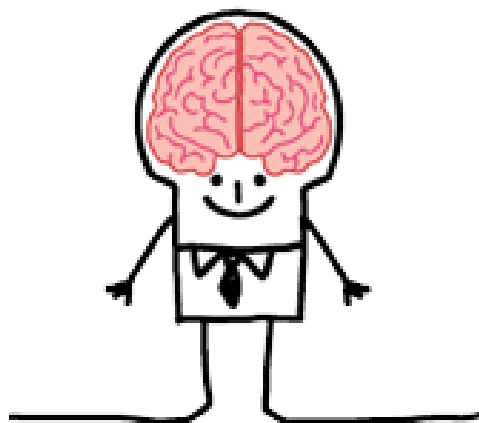
1 John Marshall Drive

Huntington, WV 25575

Kathrine.Clark@marshall.edu

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

Brain Exercise Answers



E	G	A	H	C	B	D	I	F
D	I	F	E	A	G	H	B	C
C	B	H	D	I	F	A	E	G
H	D	E	F	B	I	C	G	A
I	A	C	G	E	H	F	D	B
G	F	B	A	D	C	I	H	E
A	H	I	C	G	E	B	F	D
B	C	G	I	F	D	E	A	H
F	E	D	B	H	A	G	C	I