

PEAS AND CARROTS

Indiana FSSA's Division of Aging

October 2021

Malnutrition and Older Adults

The medical definition of malnutrition defined by Merriam-Webster, is faulty nutrition due to inadequate or unbalanced intake of nutrients or their impaired assimilation or utilization.¹ In simpler terms, malnutrition can occur when not eating enough food containing the nutrients that your body needs or eating too much food that contains too many of the nutrients that your body does not need.

Nutrients that your body needs to make energy, grow and repair tissue, regulate bodily functions, and strengthen muscles include fats, carbohydrates, protein, vitamins and minerals.²

In older adults, malnutrition can result in anemia, weakened immune system, memory problems, unintentional weight loss, fatigue, depression, and muscle weakness.²

The following strategies can be used to monitor and prevent malnutrition³:



Monitor weight by keeping a weekly record to better track changes in weight.



Keep track of all medications, certain medication may affect eating habits or interact with certain foods or other medications.



Use local services that can provide home delivered meals, information to food pantries, locations of congregate meal sites, and access to a Registered Dietitian.



Participate in regular physical activity to help with strengthening muscles and bones and possibly stimulate appetite.

References: 1. "Malnutrition." Merriam-Webster.com Dictionary, Merriam-Webster, <https://www.merriam-webster.com/dictionary/malnutrition>. Accessed 20 Sep. 2021. 2. <https://familydoctor.org/preventing-malnutrition-in-older-adults/?adfree=true> 3. <https://www.mayoclinic.org/healthy-lifestyle/caregivers/in-depth/senior-health/art-20044699>. Images courtesy of Pixabay

“The Foods We Choose Make a Difference.”

-Michael Greger

In This Issue

- ◆ Malnutrition
- ◆ Healthy Eating for Older Adults
- ◆ Word Search
- ◆ Crossword Puzzle
- ◆ Recipe



Image by sansoja from Pixabay

Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

The benefits of healthy eating add up over time, bite by bite.

Reference: Article reprinted in its entirety from: <https://www.myplate.gov/tip-sheet/healthy-eating-older-adults>

WORD SEARCH

WORD SEARCH BANK

ANEMIA

APPETITE

BEVERAGE

CALCIUM

CONGREGATE

DEPRESSION

INADEQUATE

MALNUTRITION

MEDICATION

MINERALS

NUTRIENTS

SOCIALIZE

SPICES

STRENGTHEN

TEXTURE

N	Y	I	Y	M	M	D	E	J	E	U	S	D	K	E
Y	O	Z	M	T	U	T	U	T	B	M	T	E	K	T
X	Q	I	M	A	I	I	A	G	I	Z	N	P	T	A
T	B	J	T	T	A	U	C	N	O	X	E	R	J	G
S	D	E	E	I	Q	N	E	L	X	J	I	E	N	E
I	V	P	V	E	R	R	E	Y	A	W	R	S	S	R
N	P	A	D	E	A	T	T	M	P	C	T	S	P	G
A	V	A	Y	L	R	M	U	Y	I	H	U	I	I	N
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S	T	R	E	N	G	T	H	E	N	A	Z	R	S	Q
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S	O	C	I	A	L	I	Z	E	R	U	T	X	E	T
W	P	A	G	S	Y	S	M	D	N	O	F	O	H	B
J	V	O	C	L	M	R	R	K	J	V	V	T	C	W

Test your Knowledge

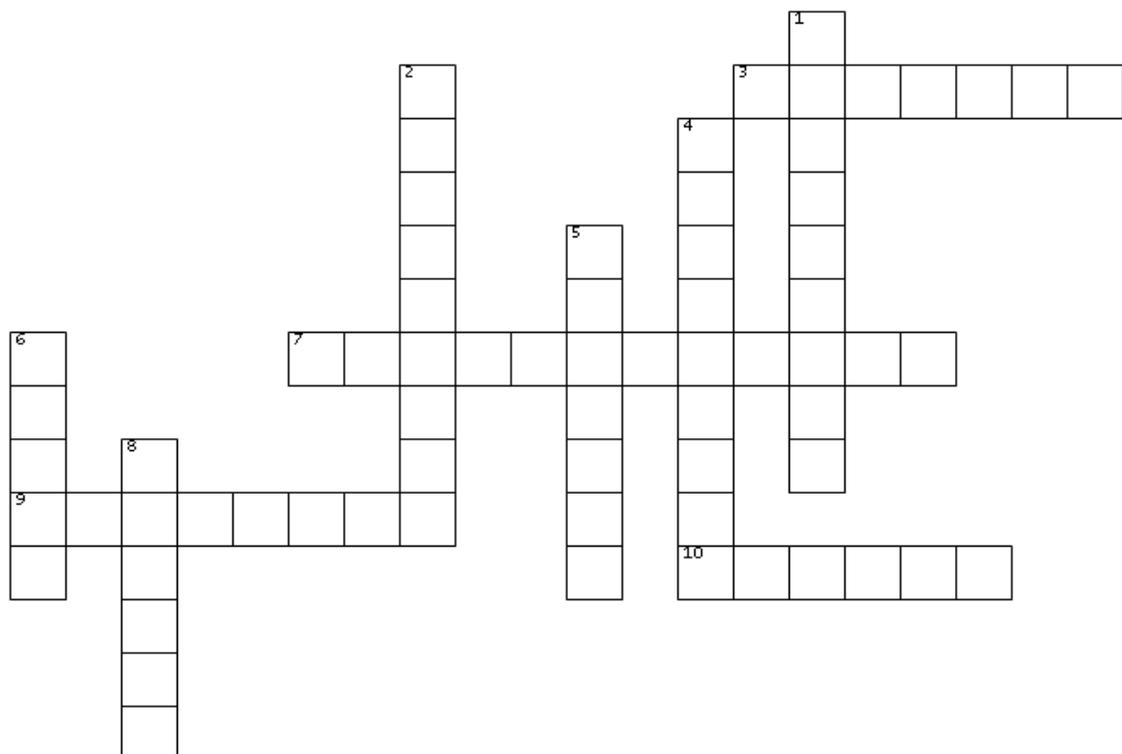
Test your knowledge from the articles in this newsletter by using the clues below to fill in the words. Answers will be in the next month issue..

ACROSS

- what to do with food that has an "off" odor
- the result of faulty nutrition
- may stimulate appetite
- adds flavor without salt

DOWN

- who to speak with for nutrition advice
- to gather with friends and family
- what your body needs to make energy
- can result from malnutrition
- a beverage to drink throughout the day
- can be used as a tracking tool for malnutrition



Baked Fish

(Source: Bronson Wellness Center/Myplate.gov/recipes)

Servings: 4

Serving Size: 1 fillet

Nutrition Information: Total Calories:131;
Total Fat 5g (1g Saturated Fat); Cholesterol 47mg; Carbohydrates 1g;
Protein 20g; Calcium 16mg; Sodium 69mg

Ingredients:

1 pound cod fillets (fresh or frozen)	1/4 teaspoon paprika
1/4 teaspoon garlic powder	1/4 teaspoon onion powder
1/8 teaspoon pepper	1/4 teaspoon dried oregano
1/4 teaspoon dried thyme	1 tablespoon lemon juice
1 1/2 tablespoons margarine (melted)	

Directions:

1. Thaw frozen fish according to package directions, if using frozen fillets.
2. Preheat oven to 350 F.
3. Separate fish into four fillets or pieces.
4. Place fish in ungreased 13" x 9" baking dish.
5. Combine paprika, garlic powder, onion powder, pepper, oregano, and thyme in a small bowl.
6. Sprinkle seasoning mixture and lemon juice evenly over fish.
7. Drizzle margarine evenly over fish.
8. Bake until fish flakes easily with a fork, about 20-25 minutes.

Contact Us

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[www.in.gov/
fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

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