

As You Age ... Eat Protein Rich Foods

*As You Age: Issue 11: Kathleen M. Stadler and Pamela B. Teaster **

As you age, adequate protein intake and body protein reserves are important, especially during times of emotional and physical stresses. Body proteins are constantly being made and used during your lifetime to maintain the functions of the cells and organs. Protein is needed to help to prevent muscle loss. Good sources of protein-rich foods are meats, fish, dairy products, dried beans and peas, or tofu. Dairy foods also provide calcium. Other protein foods such as meats, fish, and dried beans and peas are good sources of iron and zinc.

Vitamin B-12 can be a problem nutrient for older adults. As you age, the amount of stomach acid decreases, which lowers blood levels of Vitamin B-12. Acid normally found in the stomach is used

to release Vitamin B-12, which is found in animal proteins. Vitamin B-12 is needed to make red blood cells and maintain your central nervous system. Good sources of Vitamin B-12 are animal foods and fortified cereals and breads.

The new Modified Food Guide Pyramid for 70+ Adults recommends a dietary supplement for Vitamin B-12, Vitamin D, and calcium. Dietary supplements are particularly important if you have a poor appetite as a result of health problems, lack of exercise, or as a side effect of medications. Contact a doctor or dietitian to find out if you need a dietary supplement. Not all supplements are the same and can be quite expensive.

As You Age ... Elder Abuse

- Some experts estimate that only 1 out of 14 incidents of domestic elder abuse incidents (excluding self-neglect) are reported to authorities.
- Neglect is the most common form of elder maltreatment in home settings. Reports of neglect increased from 47.0% in 1990 to 55.0% in 1996.
- Self-neglect includes behaviors of an older person that threaten the individual's health or safety. The median age of self-neglecting older adults was 77.4 years of age in 1996.
- The median age of elder abuse victims was 77.9 years of age in 1996. The majority of elder abuse victims are female, but the gender gap is narrowing.
- In 1996, 66.4% of victims of domestic elder abuse were White; 18.7% were Black.

Source: National Center on Elder Abuse. (1999). National center on elder abuse: Types of elder abuse in domestic settings, Series 1 and 2 [Online]. Available: <http://www.gwjapan.com/NCEA/index.html>

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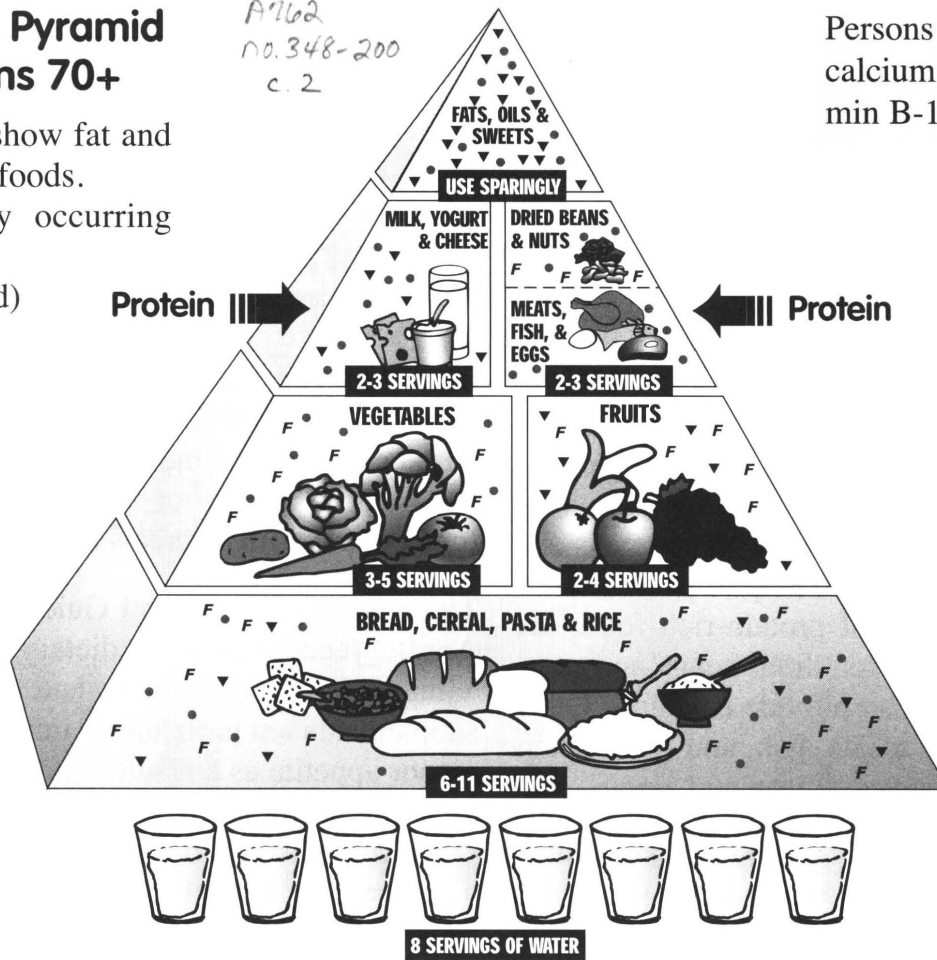
Food Guide Pyramid for Persons 70+

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Persons aged 70+ may need calcium, vitamin D, or vitamin B-12 supplements.

These symbols show fat and added sugars in foods.

- Fat (naturally occurring and added)
- ▼ Sugars (added)
- F Fiber



Color Your Plate

Color your plate with a variety of protein dense foods that are rich in Vitamin B-12. Circle the foods below that are good sources of Vitamin B-12. Place a check (✓) mark by foods that are good sources of protein. Answers at the bottom of the page.

Breakfast:

- Tomato Juice
- Corn Flakes with Milk
- Banana
- Coffee

Dinner:

- Broiled Fish
- Broccoli with Grated Cheese
- Baked Sweet Potato
- Baked Apple
- Buttermilk

Lunch:

- Ham and Cheese Sandwich on Whole Wheat Bread
- Carrots and Celery Sticks
- Yogurt with Peaches
- Water

Answers: Vitamin B-12 Foods: Corn Flakes*, Milk, Ham, Cheese, Whole Wheat Bread*, Yogurt, Fish, Cheese, & Milk. *Check the food labels to make sure that the breads and cereals that you buy are fortified with Vitamin B-12. Protein Foods: Milk, Yogurt, Fish, Cheese, Buttermilk

Cooking with Pyramid Chef

Sour Cream (1 tablespoon)

5 mg
Cholesterol

2.5g
Fat

25
Calories

Vs.

Buttermilk (1 tablespoon)

0.5 mg
Cholesterol

0.1 mg
Fat

6
Calories

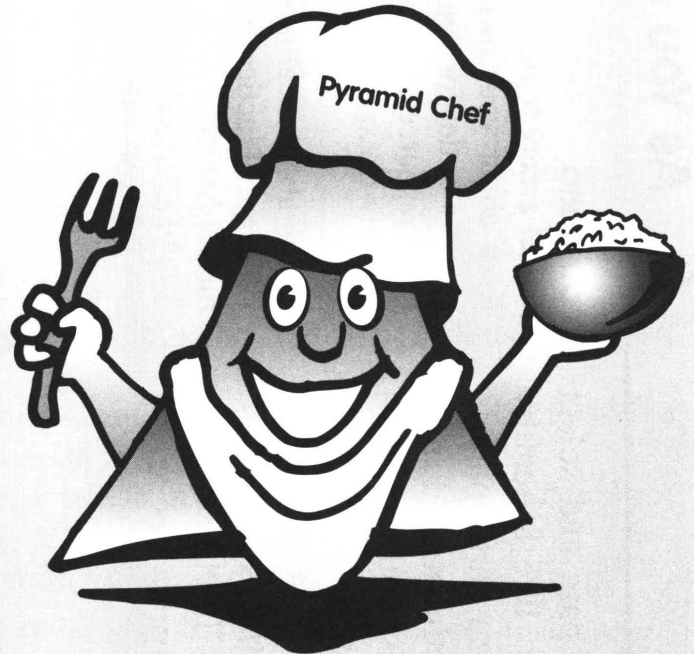
Light Beef Stroganoff

3/4 pound beef round steak, boneless, trimmed
1/4 pound fresh mushrooms
1/2 cup onion, sliced
1/2 cup beef broth, condensed
1/2 cup water
1 tablespoon catsup

1/8 teaspoon pepper
2 tablespoons flour
1 cup buttermilk
2 cups cooked noodles
(about 2-1/2 cups uncooked)

Slice steak across the grain into thin strips, about 1/8-inch wide and 3 inches long. (It is easier to cut thin slices of meat if it is partially frozen.) Wash and slice mushrooms. Cook beef strips, mushrooms, and onion in a nonstick frying pan until lightly browned. Add broth, water, catsup, and pepper. Cover and simmer until beef is tender, about 45 minutes. Mix flour with about 1/4 cup of the buttermilk until smooth; add remaining buttermilk. Stir into beef mixture. Cook, stirring constantly, until thickened. Serve over noodles. Serves 4.

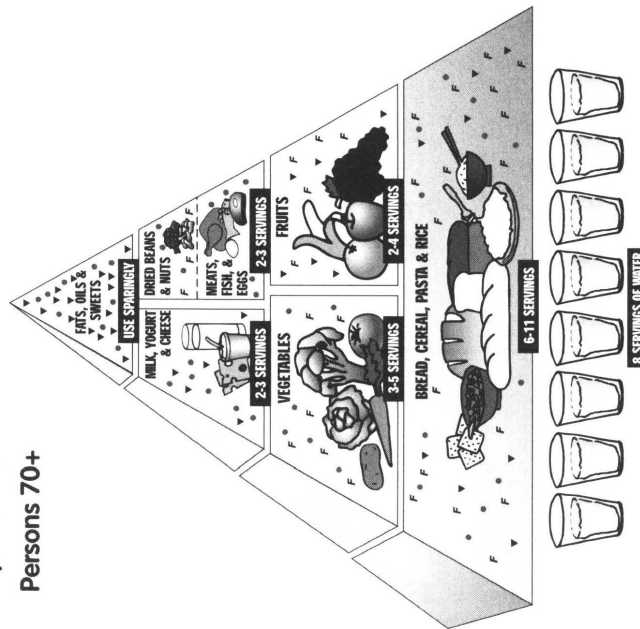
Per Serving: Calories 344, Protein 47g, Carbohydrates 32g, Total Fat – 11g, Saturated Fat 3g, Cholesterol 99mg, Sodium 307mg, Calcium 31mg, Vitamin A 49RE, Vitamin C 5mg, Iron 4g, Fiber 1g.



As You Age ... Recipe for Healthy Aging

As you age, you prepare and select many “ingredients” to live a healthy and active life. As you participate in the “As You Age” educational programs for senior adults, you will learn about new and old preparation skills and ingredients to use in your life. Put this “Recipe for Healthy Aging” card where you can see it. Try to do all of these healthy aging practices every day!

Food Guide Pyramid for Persons 70+



Preparation

1. Select a new topic or area of interest to learn about your own aging. Pursue a creative outlet for your interests.
2. Find resources on aging and become your own expert on a particular aging issue.
3. Learn about health-related changes as you age. Practice healthy physical and mental habits.
4. Ask your friends to participate in activities that you enjoy.
5. Set specific age-related goals and work to achieve them.
6. Encourage other older persons to take up active aging.
7. Communicate with one person each day.

Ingredients

1. Eat a variety of nutrient-dense foods from the Food Guide Pyramid.
2. Eat a fiber-rich diet.
 - Choose a variety of whole wheat foods, such as barley, whole wheat bread, cereals, oatmeal, brown rice, or whole wheat pasta to your diet.
 - Choose a variety of colorful fruits as snacks, part of a meal, or as dessert—apples, bananas, pears, peaches, strawberries, & melons (fruits contain vitamins, minerals, and antioxidants).
 - Choose a variety of colorful vegetables, such as broccoli, bell peppers,

- carrots, collard greens, kale, & spinach (vegetables contain vitamins, minerals, and phytochemicals).
3. Eat at least 3 servings of calcium-rich foods.
 - Choose a variety of calcium-rich foods, such as milk products, yogurt, cheese, greens, broccoli, sardines with bones, or tofu.
 - Choose Vitamin D fortified foods, such as fluid milk, dried milk products, and cereals.

4. Eat a protein-rich diet.
 - Choose a variety of fish, lean meats, dairy foods, and dried beans and peas for needed protein. Vitamin B-12 is found in animal proteins.
5. Drink enough fluids.
 - Drink 8 glasses of water, or other fluids (100% fruit juices, beverages, or soup).
 - Drink tea, coffee, and caffeinated sodas in moderation.

Directions

1. Mix the above ingredients together to create colorful meals and snacks. Try to eat smaller, more frequent meals.
2. Share healthy foods with family and friends.
3. Discover new ways to prepare foods to meet age-related changes.