

As You Age ... Eat More Fiber

*As You Age: Issue 5: Kathleen M. Stadler and Pamela B. Teaster **

As you age, fiber rich food choices become very important to maintain proper bowel functions and prevent constipation. Fiber is found in plant foods. It keeps the digestive tract healthy and may lower blood cholesterol. Adults need 20-35 grams of fiber each day. You can accomplish this by eating a variety of vegetables, fruits, beans, nuts, and whole-grain foods. Eat at least one high fiber food (pears, dried beans and peas, corn, dates, 100% bran cereals, or potatoes with skins) every day to

help get 20-35 grams. Also, drink plenty of fluids and maintain regular physical exercise.

Drink Enough Fluids. Water or other liquids are needed to avoid and prevent constipation. Drink eight (8-ounce) glasses of fluids every day—water or other liquids (100% juices, milk, beverages, or soup). Limit the amount of caffeinated drinks. Try to drink at least 8 glasses of water everyday.

Name Your Favorite Foods

Are you eating the number of servings that you need every day to get your fiber? Write the names of your favorite foods in the blanks. You can eat about 20 grams of fiber if you choose at least:

3 Servings a Day of Vegetables +

My 3 favorites are:

2 Servings A Day of Fruits +

My 2 favorites are:

3 Servings a Day of Whole-Grain Foods

My 3 favorites are:



**Eat More
Fiber!**

**Drink
More
Fluids!**

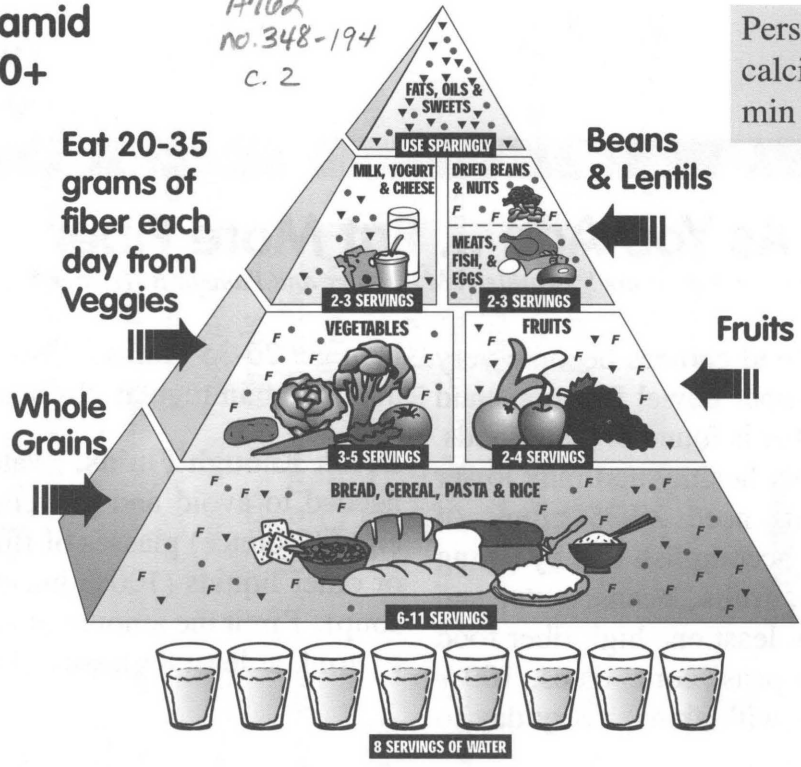
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Food Guide Pyramid for Persons 70+

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These symbols show fat and added sugars in foods.

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

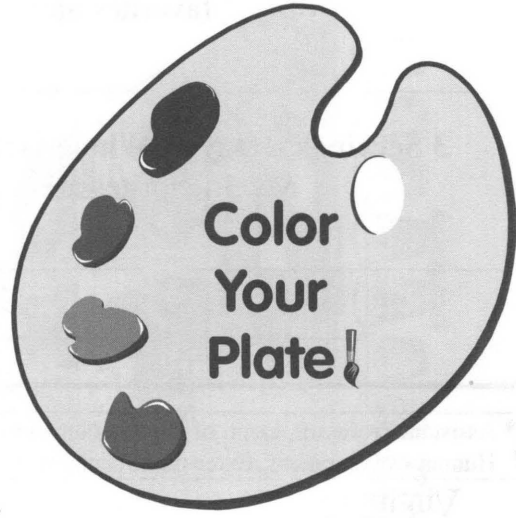


Persons aged 70+ may need calcium, vitamin D, or vitamin B-12 supplements.

As You Age ... Lifelong Learning

- In 1990, nearly half of all older men and women did not have a high school education. By 2030, 57% of older men and 62% of older women will have at least a high school education (U.S. Census, 1990).
- Elderhostel programs are offered in every state in the US, Canada, and 45 participating countries. See the website <http://elderhostel.org> for more information.
- Virginia Cooperative Extension offers a variety of educational programming for older adults, such as the Acknowledge Aging Series, the Lunchtime Lessons on Aging Series, and Seniors Surf the Web, website <http://www.ext.vt.edu/vlc/senior/>

- Eat a bowl of beans, such as chili or lima beans.
- Switch to whole grain breads, muffins, and cereals.
- Eat brown rice or pearled barley.
- Mix high fiber cereals with yogurt, pudding, or ice cream.
- Rediscover oatmeal. Toss in a few nuts or raisins.
- Eat a handful of prunes or dried apricots for a snack.
- Ask for "Are You Fiber Friendly" VCE Publication (348-050) to learn more about how many grams of fiber are in foods.



Recipe for Lentils and Rice

INGREDIENTS:

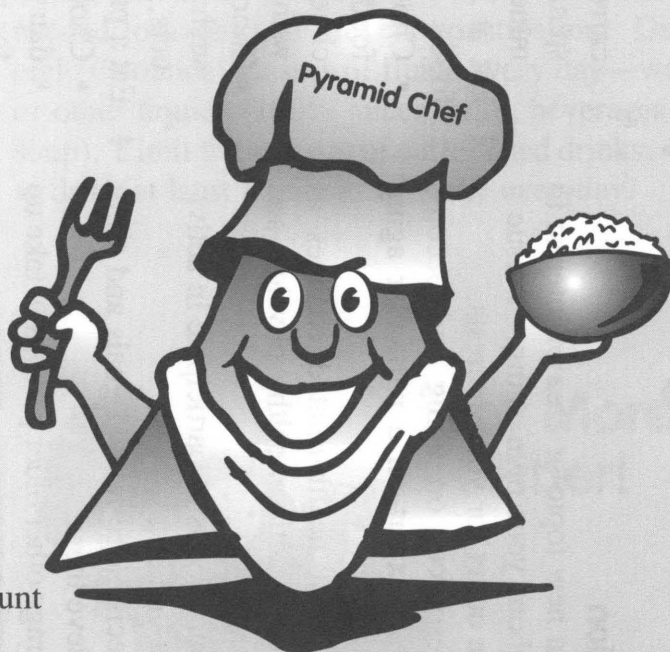
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon oil
- 3/4 cups uncooked brown rice or pearly barley
- 2 1/4 cups water
- 1/2 teaspoon curry powder*
- 1/4 teaspoon salt & pepper
- 1/3 cup lentils, rinsed
- 1-1/2 tablespoons lemon juice
- 5 ounces frozen spinach (or 1/2 pound fresh spinach, stems removed)
- * Substitute your favorite herbs

DIRECTIONS:

1. Saute chopped onion and garlic in small amount of oil.
2. Add uncooked rice or barley and curry.
3. Add 2-1/4 cups water, salt, lentils, pepper, and lemon juice. Cover. Simmer 45 minutes.
4. Add spinach and simmer a few more minutes.

YIELDS: 4 SERVINGS (about 1 cup each)

Calories 240, Protein 9g, Carbohydrates 43g, Fat 5g, Vitamin A 284RE, Vitamin C 9mg, Iron 3mg, Calcium 80mg, Sodium 107mg, Fiber 8g.



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!

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.

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.

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,

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.

Food Guide Pyramid for Persons 70+

