Older adults over the age of 70 have nutritional needs that are unique to their age group. Older adults usually need to eat fewer calories as they age because they are not as physically active as they once were. Metabolism also slows down as we get older and that in turn also decreases calorie needs. However, seniors still need the same or higher levels of nutrients in order to maintain good health.

In 2005, the USDA introduced MyPyramid, an Internet-based program for the general population. The program can be personalized based upon an individual’s age, gender, height, weight and physical activity habits. When MyPyramid was introduced, researchers from Tuft’s University became concerned that senior adults would have limited access to the MyPyramid program. As a result of these concerns, a Modified MyPyramid was developed for older adults.

Dietary recommendations for older adults based upon the modified MyPyramid include:

- Whole, enriched, and fortified grains and cereals such as brown rice and 100% whole wheat bread.
- Bright colored vegetables such as carrots and broccoli.
- Deep colored fruits such as berries and melons.
- Low-fat and non-fat dairy products such as yogurt and low-lactose milk.
- Dry beans and nuts, fish, poultry, lean meats and eggs.
- Liquid vegetables oils and soft spreads low in saturated and trans fat.
- Fluid intake.
- Physical activity such as walking, house work and yard work.

Combining good nutrition and physical activity is a winning combination for older adults. Getting regular physical activity lowers the risk of developing chronic diseases and helps prevent weight gain. Statistics show that obesity rates for adults 70 and older are increasing. Being physically active is one way to avoid weight gain in later life. Being physically active can help older adults improve or maintain their quality of life as well.

The importance of drinking water every day is stressed by the row of glasses on the pyramid. Drinking eight glasses of water a day are recommended for older adults in order for them to stay hydrated.

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- Creamy Potato Soup
- Can You Protect Yourself from Health Scams?
- What’s the Purpose of SNAP?

Fuel up with fruits and veggies.
Creamy Potato Soup

Ingredients:
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 6 diced potatoes
- 2 Tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup nonfat dry milk
- 3 cups water
- 2 Tablespoons flour

Directions:
1. Melt the margarine in a large saucepan on low heat.
2. Add the onion and celery. Cook for a few minutes.
3. Add the potatoes, salt, pepper and 1 1/2 cups water.
4. Cook for 15 minutes until the potatoes are tender.
5. In a small bowl, stir together the dry milk and flour.
6. Add 1 1/2 cups water slowly, stirring as you add it.
7. Add the milk mix to the potatoes.
8. Cook until the soup is heated and slightly thickened.
9. Adjust the seasonings.

Nutrition Facts

- Serving Size: 1 cup prepared soup or 1/6 of recipe (309g)
- Calories: 130
- Calories from Fat: 4%
- Total Fat: 4g
- Saturated Fat: 1g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 310mg
- Total Carbohydrate: 17g
- Dietary Fiber: 4g
- Sugars: 9g
- Protein: 7g

- Vitamin A 6% • Vitamin C 45%
- Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- Calories: 2,000 1,000 900 700 500
- Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

Can You Protect Yourself From Health Scams?

Be cautious. Examine what you see or hear in ads. Newspapers, magazines, radio, and TV stations do not always check to make sure advertising claims are true. Find out about a product before you buy. Don’t let a salesperson talk you into making a snap decision. Check with your health care provider first.

Look for these red flags in ads:
- Promises a quick or painless cure
- Claims the product is made from a special mixture of ingredients
- Offers products and services only by mail or from one company
- Uses unproven statements from so-called satisfied patients
- Claims to be a cure for a wide range of conditions
- Claims to cure a disease that has no medically researched cure
- Promises a no-risk, money-back guarantee
- Offers an additional “free” gift or a larger amount of the product as a “special promotion”
- Requires advance payment and claim there is a limited supply of the product

What’s the Purpose of SNAP?

The Supplemental Nutrition Assistance Program or SNAP is about helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food Stamp coupons have been replaced by an electronic SNAP card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using SNAP. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LA HELPUS or visit www.dss.state.la.us.

In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 225-219-0351 or 1-888-LA HELPUS (1-888-524-3578).

Visit our website: www.lsuagcenter.com

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

References: Tuft’s University