

## Jamison: Patient Education and Wellness

### HANDOUT 9.14: DIETARY WELLNESS PROTOCOL FOR THE ELDERLY

See

[http://www.ohsu.edu/healthyaging/caregiving/tips\\_personal/nutrition\\_food\\_pyramid.html](http://www.ohsu.edu/healthyaging/caregiving/tips_personal/nutrition_food_pyramid.html)

<http://www.thedietchannel.com/Diet-and-Seniors-Nutrition-Advice-For-The-Elderly.htm>

Good diet choice:

The Mediterranean Pyramid at [www.mayoclinic.com/health/healthy-diet/NU00190](http://www.mayoclinic.com/health/healthy-diet/NU00190)

Great food choices

<http://www.webmd.com/healthy-aging/features/aging-gracefully-naturally?>

<http://www.mayoclinic.com/health/health-foods/NU00632>

<http://www.webmd.com/video/health-juices-cbs>

#### DIETARY AIMS

I drink 6–8 glasses of fluid each day (1–1.5 oz of fluid for each kilogram of body mass)

I eat whole foods, e.g. bananas, each day

I eat two fresh fruit and five vegetables each day

I select nutrient-dense foods

I use olive oil rather than margarine, lard or butter

I eat two serves protein-rich foods eggs, nuts, meat, poultry or fish each day – especially omega-3-rich fish

I have three or more serve of dairy products each day

I have six serves of grain each day

I have several small meals each day

I increase my flavonoids – red wine, tea, dark chocolate

I check for dietary cardiovascular wellness

I check for dietary cancer protection

I maintain an ideal body weight

I supplement my diet with calcium and vitamin D and consider taking fish oil supplements

CURRENT	INTENDED	ACHIEVED
Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

A WARNING

<http://www.webmd.com/video/senior-obesity>