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# Nutrition & Exercise



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# 5 Tips to Feel Your Best



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Registered Dietitian





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## TIP 1: Protein

### **How Much:**

3 times per day minimum

12-14 oz per day or 84-100 grams per day

### **Why:**

Preserves muscle

Keeps you satiated

Balances blood sugars

Great source of zinc and B12



**Sources:** Eggs, cottage cheese, whey protein, yogurt, beef, pork, turkey, sausage, lamb, seafood, fish



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# Common factors as we age

- **Loss of appetite**

- Zinc deficiency = low appetite, increased susceptibility to colds and viruses, cravings for chocolate/sweets
- Protein is rich in zinc

- **Loss of gastric acid**

- Gastric acid is needed to absorb vitamin B12 from protein
- Acid blockers and Metformin can decrease the body's ability to absorb B12
- Protein is rich in B12 and B12 helps the body metabolize protein



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## TIP 2: Balance Blood Sugar

### How:

Eat protein + fat + carb with each meal/snack

Eat REAL food

Ditch the processed foods

### Why:

Keeps you satiated

Balances blood sugars

Reduces cravings

Aids with weight loss

Reduces inflammation



**Protein**

Eggs/cheese

**Fat**

Eggs/olives/cheese

**Carb**

Bell pepper/celery/carrots



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# We know what's healthy...but

- **Tired of Cooking**

- Convenience foods and meals at restaurants are often high calorie, nutrient deficient, and full of inflammatory ingredients
  - Sugar
  - Refined carbs
  - Alcohol
  - Damaged fats
  - High fructose corn syrup

- **Developed Habits**

- We get stuck in our ways and habits:
  - "I look forward to my nightly glass of wine."
  - "We always go out to eat on x, x nights."
  - "I have to have cookies around for the grandkids."



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# Healthy Swaps

## Healthy Fats

Olive oil

Avocado oil and avocados

Butter or Ghee

Full fat dairy products

Nut butters, seeds, nuts

Eggs with yolks

Coconut oil



## Ditch/Reduce

- Margarine
- Canola, corn, cottonseed oil
- Vegetable, soybean, cottonseed, grapeseed oil
- Crisco
- Creamer
- Pastries, cakes, fried foods, chips, crackers





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# Whole – Processed – Ultra Processed







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# Breakfast Example

**27 grams protein 443 calories**

**14 grams carbs**

**32 grams fat**



**10 grams protein 474 calories**

**82 grams carbs**

**12 grams fat**





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# Snack Example

**13 grams protein    308 calories**

**32 grams carbs    6 grams fiber**

**15 grams fat**



**5 grams protein**

**260 calories**

**29 grams carbs**

**3 grams fiber**

**14 grams fat**





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# Dinner Example

**32 grams protein    424 calories**

**29 grams carbs**

**16 grams fat**



**73 grams protein    1460 calories**


**123 grams carbs**

**76 grams fat**



## FOODS HIGH IN VITAMIN D

### VITAMIN D CONTENT

|   |   |                          |
|---|---|--------------------------|
|    | • 3 oz. cooked rainbow trout                        | 645 IU / 16.2 mcg        |
|    | • 3 oz. cooked sockeye salmon                       | 570 IU / 14.2 mcg        |
|    | • 1 cup vitamin D fortified 2% milk                 | 120 IU / 2.9 mcg         |
|    | • 1 cup vitamin D fortified soy, almond or oat milk | 100-144 IU / 2.5-3.6 mcg |
|    | • 2 sardines canned in oil (drained)                | 46 IU / 1.2 mcg          |
|   | • 1 large cooked egg with yolk                      | 44 IU / 1.1 mcg          |
|  | • 3 oz. braised beef liver                          | 42 IU / 1 mcg            |
|  | • 3 oz. canned light tuna (drained)                 | 40 IU / 1 mcg            |
|  | • 1 oz. Swiss cheese                                | 12 IU / 0.3 mcg          |

# TIP 3: Vitamin D

## How:

Get your vitamin D level checked

50-80 ng/mL is an ideal range

Recommendations: 600 IU ages 1-70 and 800 IU age 70+

## Why:

Essential for calcium absorption to maintain healthy bones, teeth and healthy cells

Immunity

Reduces risk of cancer

Improved insulin sensitivity

Regulates blood pressure



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# Vitamin D Considerations

## Importance

80% of women have osteoporosis and 1 in 2 women age 50 and older will break a bone

It takes 10-15 minutes of sun on the arms and legs a few times a week to get the vitamin D we need

## Supplementation

- 2000-4000 IU is typically recommended; verify with lab work
- Inexpensive, easy to take
- A study funded by NIH found a 30% reduction in cancer by those who take a vitamin D supplement



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## **TIP 4: Hydration**

### **How:**

8-10 glasses of water per day or 64 oz

### **Why:**

The body is 60% water

Dehydration results in fatigue, headaches, lack of mental clarity, constipation, and wrinkles

Lubricates and cushions joints





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# Do you need electrolytes?

## Yes, if...

- 75+ minutes of exercise and/or in hot weather, sweating
- Vomiting or diarrhea
- Labs show electrolyte deficiency

## Caution, if...

- Chronic kidney disease
- High blood pressure or on blood pressure medicine
- Cancer patients

## Food sources of electrolytes

- **Potassium:** bananas, potatoes, leafy greens, avocado
- **Sodium:** pickles, salt, cheese, deli meat
- **Magnesium:** spinach, almonds, pumpkin seeds, peanut butter
- **Phosphorus:** milk, chicken, pumpkin seeds
- **Calcium:** milk, cheese, spinach, yogurt



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## TIP 5: Sleep

### How:

7.5-9 hours per night is ideal

### Why:

Inadequate sleep = increased chronic health conditions and cravings for sugar and carbs





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# Improve your sleep

## Sleep Tips

- Go to bed earlier
- Get 30 minutes of activity per day
- Try a bedtime snack (healthy!)
  - Apple + peanut butter
  - Berries + cream

## Supplement Options

- Magnesium glycinate or Mixed magnesium 200-800 mg/night
- 5-HTP (precursor to serotonin - great for racing thoughts) - if on anti-depressant talk to your provider – up to 200 mg/day
- L-Theanine – promotes calm for anxiety – up to 600 mg/day



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# Summing it all up

1. Eat your protein!
2. Balance your blood sugars with this formula:
  - Protein + Carb + Fat
3. Check your vitamin D
4. Hydrate, hydrate, hydrate!
5. Get good sleep



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# Questions??



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# References

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# Exercise and Physical Activity

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Physical activity is an important part of HEALTHY aging.





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# Benefits of Exercise

- Reduce the risk of heart disease, stroke, diabetes, high blood pressure
- Get better sleep
- Improved cognition, including memory, attention, and processing speed
- Less weight gain, obesity, and related chronic health conditions
- Improve bone health
- Better balance, strength, and decrease fall risk
- Better quality of life



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# Physical Activity Guidelines

- **150 minutes** OR 2.5 hours per week of moderate intensity aerobic exercise
- **75 minutes** per week of vigorous aerobic activity
- At least **2 days** per week of strengthening activities
- Try to participate in a combination of 4 different types of exercise each week





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# Rating of Perceived Exertion (RPE) Scale

| Rating of Perceived Exertion<br>(RPE Scale) |                      |
|---|----------------------|
| 10  | Maximal              |
| 9   | Really, Really, Hard |
| 8   | Really Hard          |
| 7   |                      |
| 6   | Hard                 |
| 5   | Challenging          |
| 4   | Moderate             |
| 3   | Easy                 |
| 2   | Really Easy          |
| 1   | Rest                 |



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# Types of Exercise and Physical Activity to Stay Independent Longer

- **Endurance**

- Improve the health of your heart, lungs, and circulatory system

- **Strength**

- Exercises to help you stay independent and prevent fall-related injuries

- **Flexibility**

- Stretching can improve your flexibility to make activities of daily living easier

- **Balance**

- Exercises to improve balance and decrease fall risk



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# Endurance

- Brisk walking
- Gardening
- Tennis
- Water aerobics
- Dancing
- Household chores
- Hiking uphill
- Running
- Swimming laps
- Heavy yardwork

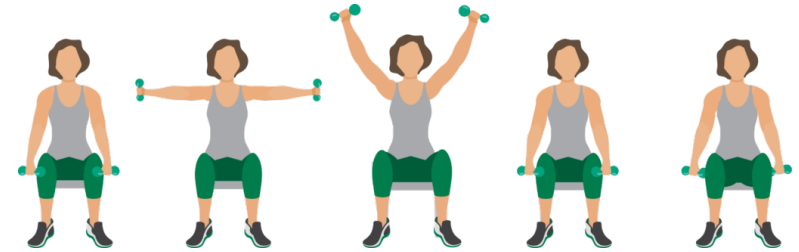




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# Strength



- Range of Motion
- Body weight exercises
- Resisted exercises with bands or weights
- Group Fitness classes
- Can include seated chair exercises
- Personalized strengthening program developed by your Physical Therapist to meet your needs



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# Flexibility

- Yoga
- Pilates
- Tai Chi
- Stretching





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# Balance

- Tai Chi
- Walking
- Standing and seated balance exercises



**\*\*Balance specific exercises designed by your Physical Therapist based on individual needs**

# Where to Begin?

- Do activities that YOU enjoy
- Make it social with friends or family members
- Fit exercise into your day
  - **Decrease time spent sitting during the day**
  - **ANY movement is beneficial**
  - Short bouts of activity or movement throughout the day
- Get on a routine or schedule- consistency is key!
- Start slowly and gradually increase
- Track your progress
- Wear appropriate shoes and clothes to avoid injuries





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# Being Physically Active Doesn't Have to be Expensive!

- You don't need special exercise equipment other than comfortable and supportive walking shoes
- Make your own weights at home from household items (soup cans, water bottle)
- Go for a hike on designated trails or parks
- Participate in community sponsored fun runs or walks
- Yard work (raking, digging, planting)
- Create a regular exercise group





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# TODAY is the Day You Can Make Healthy Changes in Your Life!





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# Questions??