



GOOD NUTRITION AND HYDRATION IN OLDER AGE



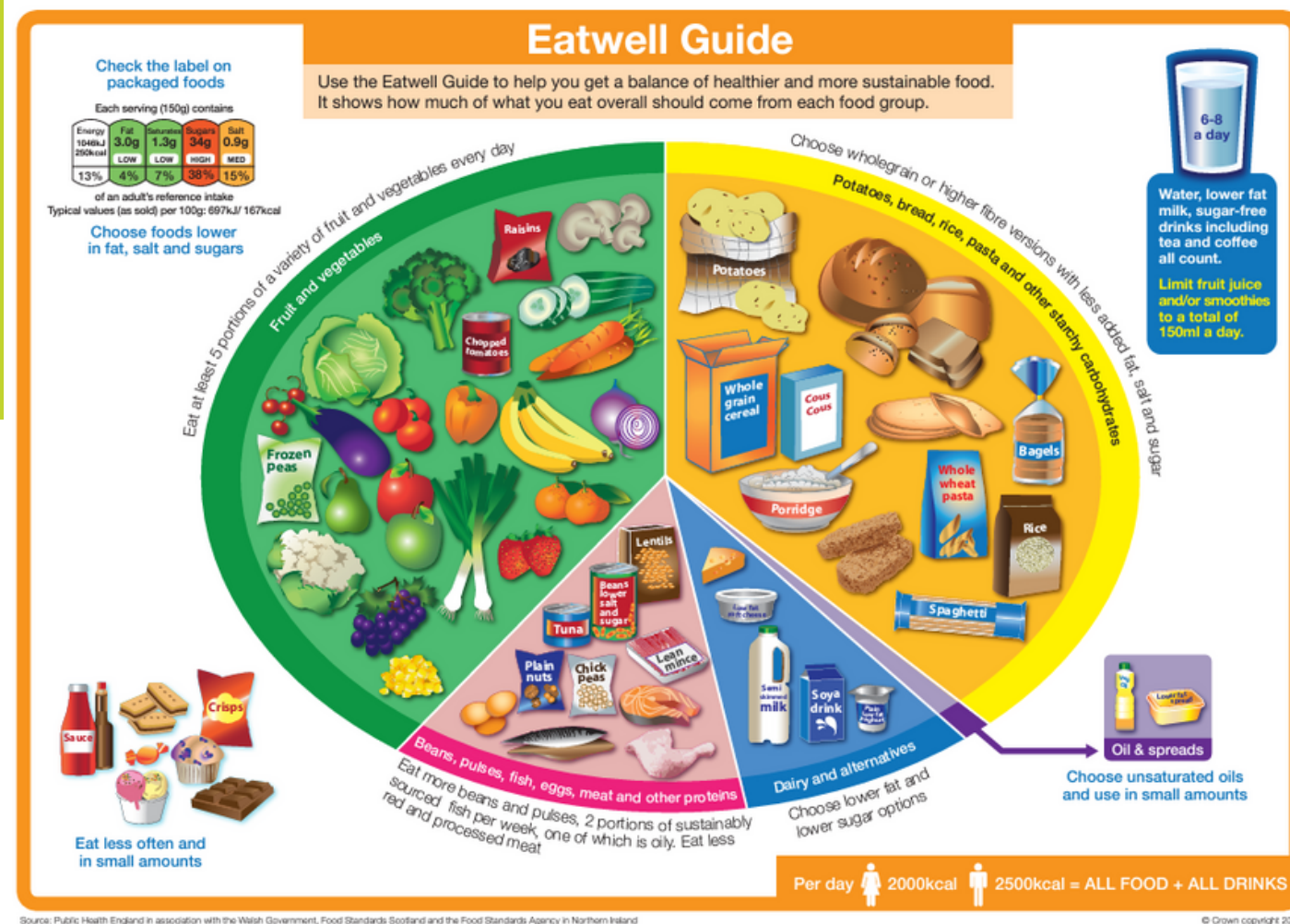


Amica
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INTRODUCTION

This Nutrition and Hydration guide integrates key recommendations from Public Health England's Eatwell Guide, emphasising a balanced diet.

Whether it's adapting to changing energy needs, addressing malnutrition risks, or preventing dehydration, this guide serves as a comprehensive resource for older adults seeking to maintain optimal health. Remember, regardless of age, proper nutrition and hydration are fundamental pillars of well-being, and if you have concerns, consulting with your GP is always a wise step forward.



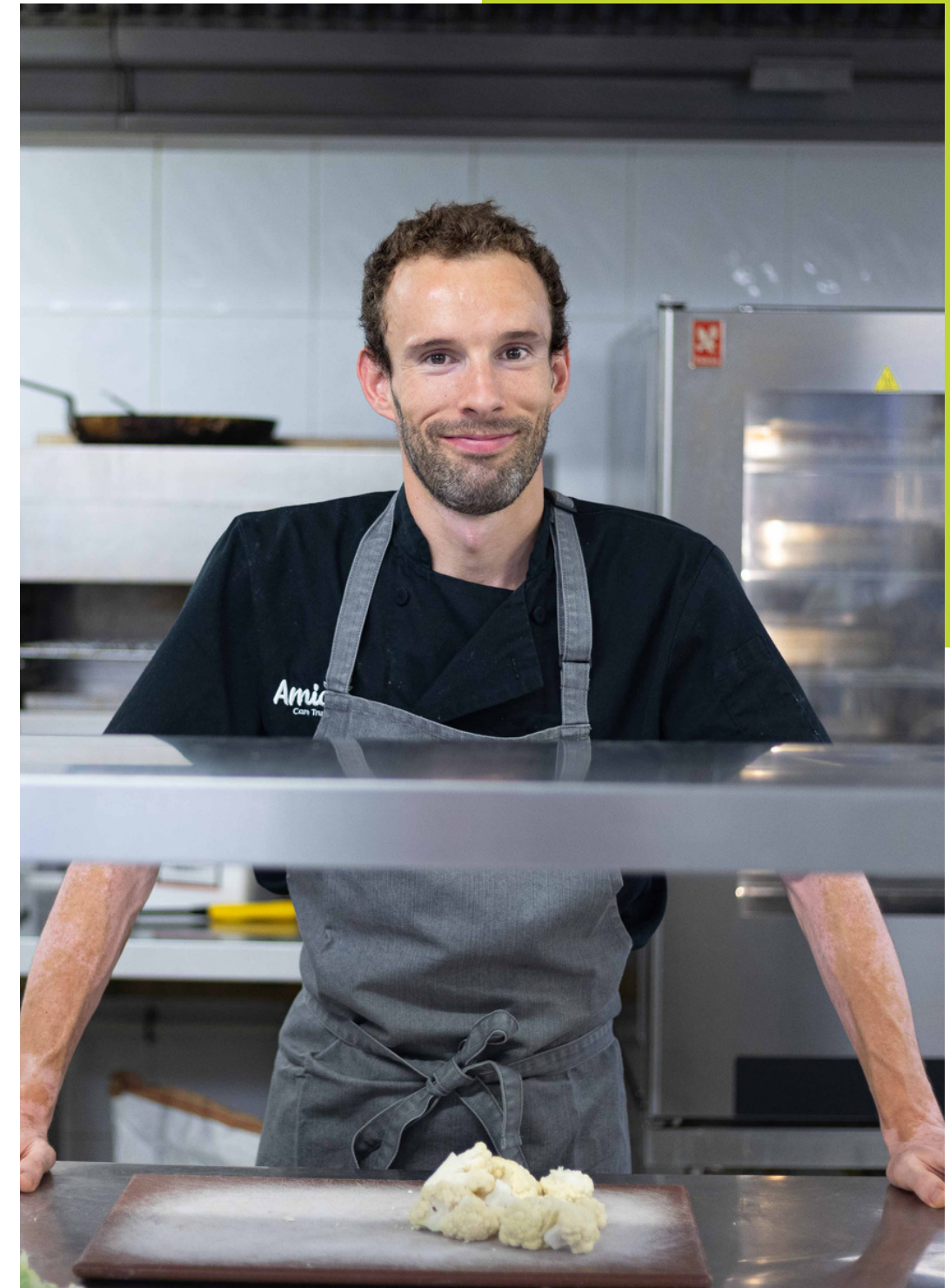
Follow the **Eatwell Guide** recommendations from Public Health England:

- **Fruits and Vegetables:** Aim for at least **five portions** of a variety of fruits and vegetables daily.
- **Starchy Carbohydrates:** Base your meals on potatoes, bread, rice, pasta, or other starchy carbohydrates. Opt for wholegrain versions when possible.
- **Dairy or Alternatives:** Include some dairy or dairy alternatives (such as soya drinks), choosing lower-fat and lower-sugar options.
- **Proteins:** Consume beans, pulses, fish, eggs, meat, and other protein sources. Aim for **two portions of fish** per week, with one being oily fish.
- **Healthy Fats:** Choose unsaturated oils and spreads, and consume them in moderation.
- **Fluid Intake:** Drink **six to eight glasses of fluid** (water, herbal teas, etc.) daily.

EATWELL GUIDE

CALORIE (ENERGY) REQUIREMENTS IN OLDER AGE:

- **Energy Needs:** As people age, their energy (calorie) requirements may decrease due to factors like reduced muscle mass, increased fat stores, and decreased physical activity.
- **Importance of Regular Meals:** Even though older adults may be less active, it's essential to continue eating regular, nutritious meals.
- **Disease Impact:** Chronic diseases (such as COPD or Parkinson's) can affect energy needs. Monitoring weight stability is crucial.
- **Approximate Change:** The decrease in energy needs is typically around **100-400 calories per day.**



GOOD HYDRATION



- Common Dehydration Risks:
 - Reduced thirst perception.
 - Medications (some may increase fluid loss).
 - Mobility limitations.
- Consequences of Dehydration:
 - Impaired cognitive function.
 - Increased fall risk.
 - Kidney problems.
- Tips for Preventing Dehydration:
 - Drink water regularly throughout the day.
 - Monitor urine color (pale yellow is ideal).
 - Include hydrating foods (e.g., fruits, soups, jelly).
 - Limit alcohol and caffeinated beverages.

Remember, maintaining proper nutrition and hydration is essential for overall well-being, regardless of age. If you have concerns you could speak to your GP.

USEFUL LINKS

NHS - LIVE WELL

www.nhs.uk/live-well/

NICE (National Institute for Health and Care Excellence)

<https://www.nice.org.uk/guidance/qs24>

FIND YOUR LOCAL COUNCIL

www.gov.uk/find-local-council

