

Healthful Eating for Older Adults

AGING AND NUTRITIONAL HEALTH

Changes in health and lifestyle can affect nutrition needs as we age.

- **Physical changes** can affect interest in food or ability to eat well. These include vision, dental, or taste problems.
- **Lifestyle changes** such as losing a spouse can affect eating habits.
- To help prevent or treat **chronic diseases**, we may need to change the kinds of foods that we eat.

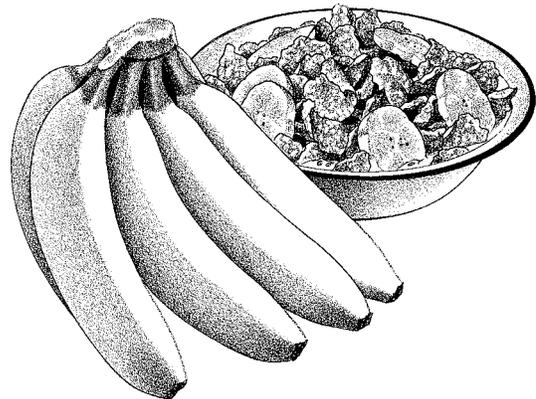
Here is some good news: We can plan meals and snacks to overcome these challenges, improve health, and maintain our quality of life.

GOALS FOR GOOD HEALTH

Get the right amount of calories for a healthy weight.

As we age, our metabolism slows down. We burn fewer calories when we breathe, digest food, and handle other body functions. We also may be less physically active. As a result, we may need fewer calories to maintain a healthy weight.

It's best to consume the right amount of calories for good health. *Too many calories* can lead to obesity. This raises the risk for high blood pressure, diabetes, heart attack, and stroke. *Too few calories* can lead to weight loss and feeling weak.



Eat a balanced diet that's rich in nutrients.

Although we need fewer calories, we still need plenty of vitamins and minerals. To meet nutrient needs on fewer calories, older adults should consume a variety of *nutrient-dense* foods.

Nutrient-dense foods and beverages are rich in vitamins and minerals. They are also low or moderate in calories. Examples are fruits, vegetables, juices, lean meats, low-fat dairy products, whole grain breads, and fortified cereals.

Get enough fiber in foods.

Dietary fiber can help control blood cholesterol and blood sugar. It can also help keep the bowels regular. Aim for 20 to 35 grams of fiber each day. Foods with fiber include fruits, vegetables, cooked dry beans, lentils, brown rice, and whole grain cereals and breads.

Drink enough fluids.

Every day, our bodies lose fluids. Replace these fluids to prevent dehydration, keep the body working smoothly, and prevent constipation.

Most people need at least 6 to 8 cups of fluids each day. Fluids can include water, juice, milk, soups, and decaffeinated coffee or tea.

Prevent or control chronic diseases.

Many chronic diseases are related to poor eating habits acquired earlier in life. However, good nutrition in the later years can help lessen the effects of these diseases, and improve the quality of life. Contact a health care provider for specific advice.

Heart disease: Follow a heart-healthy diet.

- Limit foods that are high in saturated fat. These include eggs, high-fat meats, butter, lard, and palm oil.
- Eat foods that are low in *trans* fat. Use food labels as a guide.
- Use olive, safflower, canola, or soybean oils.
- Try lean meats and low-fat milk.
- Eat fish at least 1 or 2 times per week.
- Remove skin from chicken and other poultry.
- Avoid fried foods.
- Eat fruits, vegetables, and cooked dry beans and lentils.

High blood pressure: Control sodium intake and weight.

- Choose foods with less salt or sodium. Use food labels as a guide.
- Include fruits, vegetables, and low-fat dairy products.
- Maintain a healthy weight.

Diabetes: Control blood sugar and weight.

- Follow a meal plan from a health care provider.
- Use insulin or other medicines.
- Stay physically active, if possible.
- Maintain a healthy weight.

Osteoporosis: Keep bones healthy with calcium and vitamin D.

- Consume low-fat milk, cheese, and yogurt as calcium sources.
- Drink milk fortified with vitamin D.
- Ask a health care provider if supplements are needed.
- Stay physically active, if possible.

Address problems that make meals hard to eat.

Poor appetite

- Eat small, frequent meals.
- Drink beverages with calories and nutrients, such as milk, soup, or hot chocolate. Ask a health care provider if supplemental drinks are needed.
- Add variety and color to meals.
- Perk up flavors with herbs or spices.
- Marinate meats in fruit juice or salad dressing to add flavor.
- Create a positive setting for meals. Some ideas are tablecloths, pleasant lights, and appealing music.

Problems with chewing foods

- Drink water or fluids with meals.
- Eat foods that are soft and easy to chew.
 - ✓ Tender cuts of meat
 - ✓ Soft foods that are good sources of protein (eggs, low-fat milk, cheese, or yogurt)
 - ✓ Soft fresh fruits and vegetables
 - ✓ Fruits canned in water or juice
 - ✓ Cooked vegetables
 - ✓ Cooked cereals, rice, or pasta
 - ✓ Mashed or pureed food

Food allergies

- Carefully read the ingredients on food labels to avoid foods or additives that trigger allergies.

Lactose intolerance (*inability to digest the sugar found in milk*)

- Try lactose-free milk products or lactase pills that digest lactose.
- Some dairy foods such as cheese or yogurt may be easier to digest.

Stay physically active.

Physical activity can be part of a healthy lifestyle at any age. It can help:

- Burn calories to help manage weight.
- Maintain strong bones and muscles.
- Prevent heart disease and diabetes.
- Improve the way that the heart and lungs work.
- Increase strength and flexibility.
- Add to a feeling of well-being.
- Maintain overall quality of life.

Most older adults can take part in physical activity. Examples are walking, gardening, swimming, or dancing. Climbing stairs, chair exercises, and wheelchair exercises also count.

Know your medications.

Some medicines react with foods in the diet. Read the labels carefully.

ASK YOUR HEALTH CARE PROVIDER

- Find out how many calories you need, and whether you need to follow a special diet.
- Tell the doctor and pharmacist about all medicines that you take. This includes over-the-counter and prescription drugs. Ask whether any of these medicines might react with the foods in your diet.
- Get advice before starting a new exercise.

FOR MORE INFORMATION

U.S. Department of Agriculture National Agricultural Library

Website: www.nutrition.gov (In the **Nutrition Information About...** box, click on **Elderly**).

Make Healthful Meals

IT'S EASY TO MAKE HEALTHFUL MEALS!

Preparing foods in a healthful way does not require more time or effort. Here are some tips to select and prepare foods for better health.

When You Shop for Foods

Use food labels to compare foods and make healthy choices.

1. Read the Nutrition Facts panel to look for:

- the serving size of the food or beverage.
- the number of servings in this size of bottle, jar, or package.
- the amount of calories and nutrients in each serving.

Example:

1 cup of 2% fat milk has 120 calories and 5 grams of total fat.

1 cup of skim milk has 80 calories and 0 grams of total fat.

- #### 2. Read the **Ingredients** to see if a product is relatively high in certain ingredients. By law, ingredients are listed in order by weight. The one that adds the most weight to the product is listed first. The one that adds the least weight is listed last.

Example:

Check the ingredient list on a loaf of bread. If whole wheat flour appears first on the list, the bread is high in whole wheat flour.

- #### 3. Read the **Nutrition Facts panel** and look for any **nutrient claims** on the label. Food companies must report **Percent Daily Value** in foods and they may also tell you if a food is high or low in certain nutrients.

Example:

Added fiber, reduced fat, no trans fat, or high in vitamin C.

WHEN YOU PREPARE OR SERVE FOODS

Use less fat.

Meat, Poultry, and Fish

- Choose lower-fat meat and poultry.
 - ✓ Ground beef that is less than 20% fat
 - ✓ Lean ground turkey in place of ground beef
 - ✓ Lean meats instead of hot dogs or bologna
- Prepare or serve these foods with less fat.
 - ✓ Bake, broil, or roast these rather than frying them
 - ✓ Trim off all visible fat from meats
 - ✓ Drain fat from cooked meats
 - ✓ Remove skin from chicken or turkey

Milk Products

- Use skim milk instead of whole milk.
- Use low-fat cheese instead of regular cheese.
- Use low-fat yogurt instead of sour cream.
- Use ricotta cheese instead of cream cheese.

Oils, Toppings, and Condiments

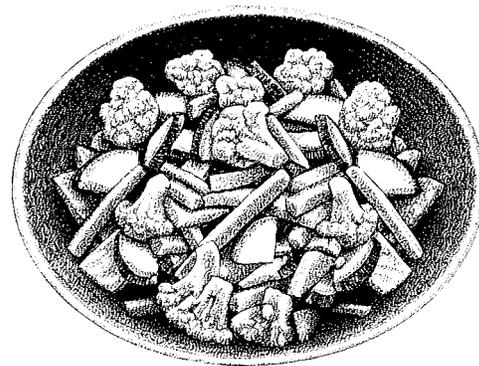
- Use less butter and margarine.
- Use vegetable oil or non-fat cooking spray to sauté foods.
- Use low-fat mayonnaise.
- Use less gravy on meat and potatoes.

Soups and Stews

- Chill, then skim off hardened fat before reheating.
- For creamed condensed soups, prepare with skim milk instead of whole milk.

Breads and Grain Products

- Limit high-fat breads such as croissants and some muffins.
- Replace high-fat crackers with reduced-fat crackers.



Use less sodium.

- Buy fresh or frozen foods rather than canned foods.
- Choose canned foods labeled “no salt,” “no sodium,” or “reduced sodium.”
- Use fewer processed meats.
- Omit salt or use less than the amount listed in a recipe.
- Use less celery salt, seasoned salt, soy sauce, monosodium glutamate (MSG), Worcestershire sauce, and bouillon cubes.
- Make soup stock from turkey, chicken or beef bones.
- Try herbs, spices, and seasonings for flavors.

ALL-PURPOSE SEASONING

For meats, vegetables, and tomato-based foods

2 Tbsp. dry mustard	2 tsp. black or white pepper
2 Tbsp. onion powder	2 tsp. thyme
2 Tbsp. paprika	½ tsp. ground basil
2 Tbsp. garlic powder	

Blend spices thoroughly. Store in an airtight container.

Yield: about ½ cup

ITALIAN SEASONING

For pasta sauces or Italian dishes

4 Tbsp. dried parsley, crushed	1 tsp. ground thyme or marjoram
4 tsp. dried minced onion	2 tsp. celery seed
1 tsp. ground oregano	1 tsp. garlic powder
2 tsp. dried basil, crushed	¼ tsp. black pepper

Blend spices thoroughly. Store in an airtight container.

Yield: about ½ cup

Source of Recipes: U.S. Department of Agriculture, Midwest Region. *What's in a Meal? A Resource Manual for Providing Nutritious Meals in the Child and Adult Food Care Program*, Fourth Edition, 2003. Reproduced by the National Food Service Management Institute.

Use less sugar.

- Eat fresh fruit or unsweetened frozen fruit.
- Eat fruit canned in its own juice or water.
- Use up to $\frac{1}{3}$ less sugar in recipes for baked goods.
- Choose foods with fewer *added sugars* (brown sugar, cane sugar, corn sweetener, corn syrup, high fructose corn syrup, dextrose, fructose, glucose, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, or sucrose).

Add more fiber.

- Use brown rice instead of white rice.
- Use whole grains in mixed dishes, such as barley in stew.
- Add rolled oats to meatloaf or meatballs.
- Use rolled oats as breading for baked chicken or fish.
- Replace half of the meat in chili with kidney or black beans.
- Make soups with dried beans, split peas, or lentils.
- Add vegetables to quiche, casseroles, and spaghetti sauce.



- Serve fresh fruits or vegetables as a snack.

Add more fruits.

- Top cereal with fresh fruit.
- Add orange pieces to a tossed salad.
- Serve cut-up fruit as a snack.
- Mix fruit with low-fat yogurt.
- For dessert, serve baked apples, pears, or a fruit salad.
- Top frozen yogurt with berries.
- Make a fruit smoothie by blending milk or yogurt with fruits.

Add more vegetables.

- Try a main dish salad for lunch.
- Add chopped vegetables to soups, casseroles, pasta sauces, lasagna, meatloaf, and stir-fry meals.
- Use cooked potatoes to thicken stews or soups.

Choose Healthful Snacks

Snacks can be a healthful part of the diet at any age. They can help satisfy hunger, and provide fuel and nutrients. The most healthful snacks are high in nutrients, and low in fats and added sugars.

TIPS FOR CHOOSING HEALTHFUL SNACKS

Use food labels to choose healthful snacks.

Check the Nutrition Facts panel for the serving size and number of servings in the package. Look for the amount of calories and nutrients in each serving. Limit snacks that are high in calories, saturated fat, trans fat, total fat, and sodium.

Check the ingredient list. Choose fewer snacks that list any added sugars as the first ingredient. Added sugars include

brown sugar, cane sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, and sucrose.

Look for products with the nutrient claims *fat free, low fat, reduced fat, no trans fat, light, low sodium, reduced sodium, lightly salted, or reduced calorie* on the front of the package.

Choose snacks that are low in fat and added sugars.

<i>Instead of</i>	<i>Try....</i>
Ice cream	Flavored low-fat yogurt
Milkshake	Fruit shake made with skim milk
High-fat crackers	Reduced-fat crackers
Candy bar	Fresh fruit
Fruits canned in syrup	Fruits canned in their own juice

Enjoy fresh fruits and vegetables as a snack.

- They are high in nutrients, and low in fat.
- Try them with a low-fat dip or dressing.

Combine healthful foods in appealing ways.

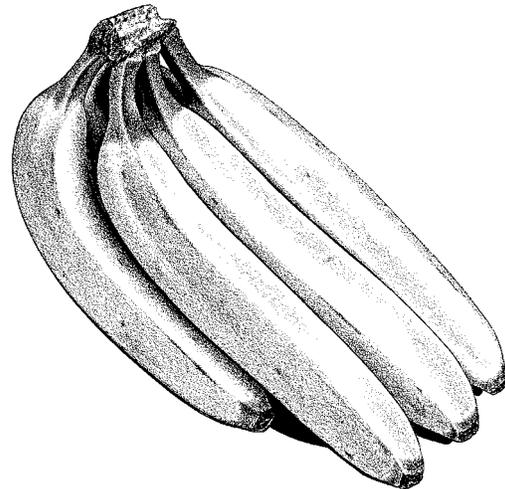
- Mix low-fat yogurt with pieces of fresh, frozen, or canned fruit.
- Use low-fat milk with cereal. Top with fresh or frozen fruit.
- Make a shake: Mix skim milk, fruit, and vanilla extract in a blender.
- Melt low-fat cheese on a whole-wheat tortilla.
- Make a dip with non-fat cottage cheese. To each cup of cottage cheese, add 2 tablespoons skim milk. Add chopped dill or chives. Serve with whole grain crackers, or with sliced soft raw vegetables.

Use snacks as a way to add extra fluids.

- Drink 100% fruit juice, low-fat milk, decaffeinated or herbal teas, plain water, or water flavored with lemon.
- Try frozen fruit bars made with 100% fruit juice.
- Soups are also a good source of fluids.

If needed, choose snacks that are soft and easy to chew or swallow.

- Eat soft fruits and vegetables with the peels removed.
- Eat canned fruits packed in juice or water.
- Eat yogurt and cottage cheese.



Drink Enough Fluids

WHY ARE FLUIDS IMPORTANT?

The human body depends on water. Water helps carry nutrients to body cells, helps control body temperature, and helps prevent constipation. It also makes it easier to chew and swallow foods.

Every day, our bodies lose water. We need to drink fluids to replace what is lost and to keep body fluids in balance.

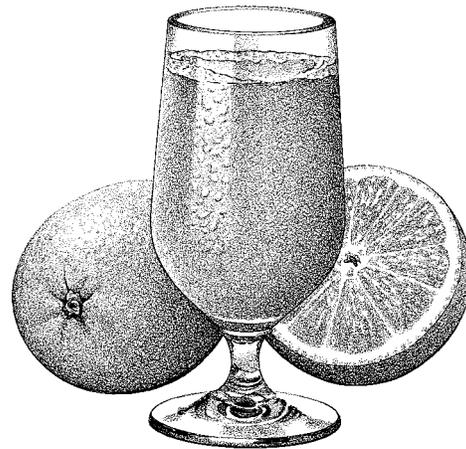
HOW DOES AGING AFFECT FLUID NEEDS?

Each day, most adults need about 1½ to 2 liters of fluids. Yet it is hard for some older adults to meet fluid needs. Some older adults don't feel thirsty, or don't want to drink too much. Others take medicines that can cause extra fluid loss. Examples are diuretics and laxatives.

It is important for all of us to drink enough fluids each day.

WHAT HAPPENS IF SOMEONE DOESN'T GET ENOUGH FLUIDS?

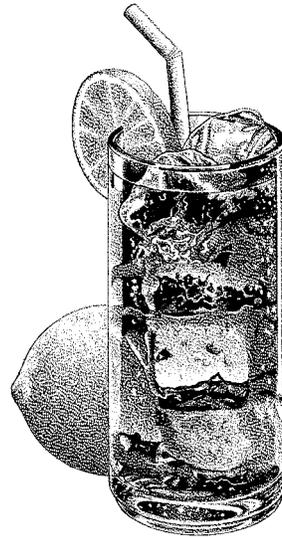
A low fluid intake can lead to dehydration. This can be a serious health problem. Moderate dehydration can lead to muscle contractions, convulsions, fainting, and a rapid pulse. Severe dehydration can even cause death.



DRINK ENOUGH FLUIDS

Each day, drink at least 6 to 8 cups of fluids. Here are some ideas.

- Plain water
- Water flavored with lemon
- 100% fruit or vegetable juice
- Soup or broth
(low-salt or low sodium)
- Seltzer water
(plain, flavored, or mixed with juice)
- Decaffeinated coffee or tea



ASK YOUR HEALTH CARE PROVIDER FOR SPECIFIC ADVICE

If you have a medical condition, talk to your doctor. Find out how much fluid you should drink every day.

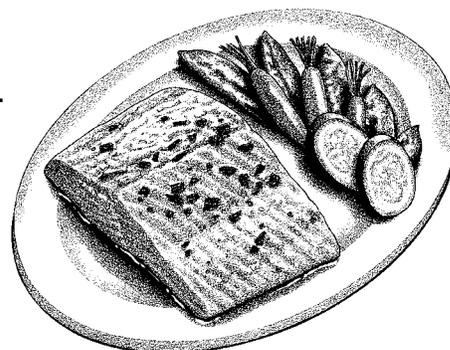
If you take medicines, talk to your doctor or pharmacist. Ask whether the medicines affect your fluid needs, and whether you need to adjust your fluid intake.

Eat Healthy when Eating Out

Eating out can be a special treat. It can also be a chance for a healthful meal, if you know which foods to choose.

Plan ahead. If you plan to have dinner at a restaurant, choose low-fat foods for breakfast and lunch.

At the restaurant, read the menu carefully. Ask how the foods are prepared. Eat small servings of the foods.



HERE ARE SOME TIPS FOR HEALTHFUL FOODS:

	CHOOSE THESE MOST OFTEN	CHOOSE LESS OF THESE
Beverages	Low-fat milk 100% juice Water, plain or with lemon Decaffeinated coffee or tea	Whole milk Soft drinks Drinks with alcohol
Appetizers	Fresh fruit Fresh vegetables Seafood cocktail Low-fat dips or cheese spreads	Foods high in butter or oil Deep-fried vegetables Creamy dips Cheese spreads
Soups	Vegetable or bean soup Clear soup Noodle soup	Egg soup Cheese-based soup Creamy soup
Salads	Salad with a lower-fat dressing (vinegar, lemon, low-fat, or fat-free dressing)	Salad with cheese, creamy dressing, or mayonnaise
Fruits	Fresh or cooked fruit with small amounts of sugar	Fruit with cream or whipped topping
Vegetables	Fresh vegetables (steamed or baked) Baked potato	Vegetables cooked in butter or oil, or topped with sour cream French fries, potato chips

	CHOOSE THESE MOST OFTEN	CHOOSE LESS OF THESE
Fish	Baked, steamed, or broiled fish with little added oil or fat	Fish with added oil or fat (fried, tartar sauce, cream sauces, or butter)
Poultry	Chicken, turkey, or Cornish hen (cooked without rich sauce and with skin removed)	Fried or batter-dipped coating Goose or duck
Meat	Lean cuts of meat with fat trimmed (and without breaded coating), such as: <ul style="list-style-type: none"> • Beef Round, sirloin, chuck, or loin Lean ground beef • Pork Tenderloin Processed meat Low-fat lunch meat	Fatty cuts of meat, such as: <ul style="list-style-type: none"> • Beef "Prime" grade beef Regular ground beef • Pork Spareribs Meat with breaded coating Processed meat Regular lunch meat Sausage or bacon Hot dogs or frankfurters
Bread	Whole grain bread, breadsticks, whole wheat pita pocket	White bread, biscuit, croissant, butter roll, pastry, doughnut
Other Grains	Boiled or steamed brown rice Whole grain pasta and macaroni	Fried rice, white rice, pasta not made from whole grains
Fats and Oils <i>(use sparingly)</i>	Low-fat salad dressing Low-fat mayonnaise	High-fat salad dressing Regular mayonnaise Butter or margarine Bacon fat or lard
Condiments	Herbs, spices, vinegar Low-sodium soy sauce	A-1 sauce, soy sauce Worcestershire sauce
Desserts	Angel food cake Fresh fruit Frozen fruit ice Low-fat flavored yogurt Low-fat frozen yogurt	Cake, pie, or pastry Fruit cobbler or crisp Cream or whipped topping Custard Ice cream

Source: University of Massachusetts Extension Nutrition Education Program, *Eating Out the Low-Fat Way*.

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Keep Foods Safe to Eat

WHY IS FOOD SAFETY SO IMPORTANT?

For older adults, eating foods with harmful bacteria can cause serious illness or death. Handle foods properly to help keep them safe to eat.

AT THE GROCERY STORE

- Buy pasteurized milk and juice.
- Don't buy unpasteurized milk, unpasteurized juice, soft cheeses, or raw sprouts. These foods can be unsafe for older adults.
- Don't buy foods in containers that are damaged.
- Choose cold and frozen foods just before checking out.
- Keep cold and frozen foods chilled on the way home, or head straight for home so cold foods stay as cold as possible.

AT HOME

CLEAN

- Wash hands thoroughly with soap and water before handling foods.
- Wash utensils, knives, and cutting boards in hot soapy water.

SEPARATE

- Use a separate cutting board for raw meat, poultry, and seafood.
- Don't thaw frozen foods on the counter. Defrost them in the refrigerator or microwave oven. Then cook them immediately.

COOK

- Cook meats, poultry, seafood, and eggs thoroughly.
Use a food thermometer to check the temperature.
- Put cooked foods in the refrigerator if they won't be eaten right away.

CHILL

- Keep foods cold in a refrigerator set between 35 and 40 degrees F.
- Use a refrigerator thermometer daily to check the temperature.

WASH YOUR HANDS

Wash your hands BEFORE you prepare food.

Wash your hands AFTER you...

- Touch uncooked meat, poultry, fish, or eggs.
- Touch soiled plates, utensils, or equipment.
- Touch your nose or any part of your body.
- Sneeze or cough.
- Stop preparing food to answer the phone.
- Eat or smoke.
- Use the toilet.
- Take out the trash.

HOW TO WASH YOUR HANDS

Before you touch food, follow these 4 simple steps.

1. Wet your hands with warm, running water.



3. Rinse your hands well.



2. Add soap and rub your hands to make a lather.



4. Dry your hands with a clean towel.



FOR MORE INFORMATION

Gateway to Government Food Safety Information

Website: www.FoodSafety.gov

REFERENCES

- *Fight BAC! Keep Foods Safe from Bacteria*. Partnership for Food Safety Education, 2004. Website: www.fightbac.org/main.cfm (accessed March 2006).
- *Wash Hands*. University of Massachusetts Extension NEP, 1999.

Dietary Supplements

DIETARY SUPPLEMENTS AND HEALTH

There are many dietary supplements. Examples are vitamins, minerals, herbs, amino acids, fish oils, garlic, and flax seed. Companies promote them as being good for health. But this doesn't mean they are healthy for everyone. It depends on the person, the supplement, and the dose.

Vitamins and Minerals

Everyone needs vitamins and minerals. Foods are the best source. However, many older adults may not get enough from foods. Their diets may be low in calcium, vitamin B12, vitamin D, or other nutrients. A vitamin-mineral supplement can help meet nutrient needs.

Before taking vitamin or mineral supplements, be aware that:

- Large doses of some nutrients may have harmful effects.
- Some supplements may react with medicines.
- You should ask your doctor whether supplements are needed, and what dose is best.

Herbal Supplements

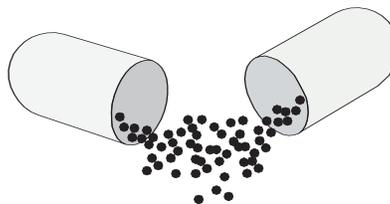
Many people have heard health claims about herbal supplements. Examples are ginseng, St. John's wort, and black cohosh.

Medical experts are studying whether herbs are safe and effective. Here is what they have learned so far:

- Some may have positive effects.
- Others may react with medicines or nutrients.
- Some have harmful contaminants.
- The amount listed on the label may differ from what is in the actual dose.

Other Dietary Supplements

Experts are also studying other dietary supplements to learn whether they are effective and safe. These include amino acids, fish oils, garlic, and flax seed.



ASK YOUR HEALTH CARE PROVIDER

- Supplements should not replace a healthful diet or medical advice.
- Large doses aren't always better than smaller doses. They can even be harmful.
- Some supplements may react with medicines, or with other supplements. This may have harmful effects.
- Until experts learn more about certain supplements, it may be too soon to recommend them.

FOR MORE INFORMATION

Food and Drug Administration (FDA)

An FDA Guide to Dietary Supplements

Website: www.cfsan.fda.gov/~dms/fdsupp.html

Food and Drug Administration (FDA)

Tips for Older Dietary Supplement Users

Website: www.cfsan.fda.gov/~dms/ds-savv2.html

Medicines

MEDICINES AND OLDER ADULTS

Most older adults take medicines. This includes over-the-counter and prescription drugs. Learn how to take them in a way that promotes good health.

THE FOOD-MEDICINE CONNECTION

Food and medicines play a role in good health. But when taken together, they may affect each other.

Medicines May Affect Food Intake.

- Medicines may affect the appetite.
- Medicines may change the taste or smell of foods.
- Medicines may cause nausea or vomiting.
- Some medicines should be taken on an empty stomach. Others should be taken with food.
- It may be harmful to drink alcohol while taking some medicines.

Foods May Affect How Medicines Work.

- Some foods affect the way the body uses medicines.
- Some foods may have bad effects when combined with certain medicines.



ASK YOUR HEALTH CARE PROVIDER FOR SPECIFIC ADVICE

Take medicines as prescribed.

Ask your doctor or pharmacist:

- What time of day to take the medicines.
- If you should stop eating any foods when taking them.
- If you need any nutrient supplements while taking medicines.
- What possible side effects to expect.
- If the dose of long-term drugs should be adjusted over time.



Tell the doctor and pharmacist about:

- All the medicines that you take (over-the-counter and prescription drugs).
- Any dietary supplements that you take.
- Any symptoms that you have after eating certain foods.

Have your medicines put in large bottles that are easy to open.

Make sure the labels are easy to read.

FOR MORE INFORMATION

Food and Drug Administration (FDA)

Medications and Older People

Website: www.pueblo.gsa.gov/cic_text/health/meds4old/697_old.html

Physical Activity

WHY DO OLDER ADULTS NEED PHYSICAL ACTIVITY?

Regular physical activity is important at any age. It can offer other health benefits. It can also improve our quality of life. Research shows that physical activity can be safe for most older adults.

WHAT ARE THE BENEFITS?

Regular physical activity can help:

- Keep muscles strong.
- Reduce bone loss.
- Control weight, diabetes, and heart disease.
- Reduce the risk of falls and injuries.
- Improve energy and mental health.



TYPES OF EXERCISE

- **Stretching** helps keep the body flexible. It may help prevent falls.
- **Endurance exercise** improves the heart rate. It helps bring more blood and oxygen to the brain. Examples are walking and swimming.
- **Strength exercise** helps build muscles and bones. Examples are using free weights, or raising the arms while holding unopened soup cans.
- **Balance exercise** helps prevent falls, hip fractures, and other injuries. Examples are standing on one foot, or raising a leg to the side while holding onto a sturdy chair.

ASK YOUR HEALTH CARE PROVIDER

- If you have a medical condition that might prevent you from being physically active.
- How much exercise is best.
- What types of activity you may want to limit or avoid.
- Whether you need supervision.

**FOR MORE INFORMATION*****Growing Stronger: Strength Training for Older Adults***

Website: www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/resources.htm

Published in 2002 by Tufts University and the Centers for Disease Control and Prevention.

Exercise: A Guide from the National Institute on Aging

Website: www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf

Reprinted in 2004 by the National Institutes of Health.

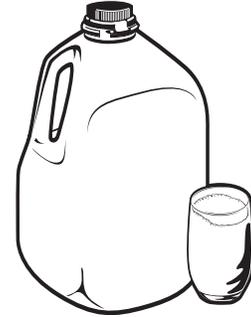
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- *Exercise: A Guide from the National Institute on Aging*, reprinted in 2004.
- *Growing Stronger: Strength Training for Older Adults*. Centers for Disease Control and Prevention and Tufts University, 2002.
- *Position Stand: Exercise and Physical Activity for Older Adults*. American College of Sports Medicine, 1998.

Plan for an Emergency

ARE YOU PREPARED FOR AN EMERGENCY?

A storm, flood, or power outage can happen with little warning. If you are not prepared, it may be too late to buy food and water.



HOW TO PLAN AHEAD

- Store at least a 3-day supply of food, water, and other items.
- Buy a supply of foods that do not require refrigeration.
- Avoid buying salty foods that could make you thirsty.
- Store foods in containers to protect them from pests and germs. Put them in a dry, cool spot. Keep them covered.
- Replace unused emergency food supplies every few months. This will help keep them safe to eat, and retain their quality.

GENERAL SUPPLIES

First aid kit
 Personal hygiene supplies
 Alcohol-based hand sanitizer
 Battery-operated clock or watch
 Portable radio
 Flashlight or lantern
 Batteries

FOOD-RELATED SUPPLIES

Manual can opener
 Disposable dishes and cups
 Disposable utensils
 Insulated cooler
 Freezer packs (keep frozen)

Emergency Food and Water Supplies

Store in a Cool, Safe Place in Unopened Containers

Milk and milk products	<ul style="list-style-type: none"> • Dry milk or canned evaporated milk • Rice or soy milk • Boxed or shelf-stable milk
Meat, fish, poultry, and beans	<ul style="list-style-type: none"> • Canned meat, chicken, or fish • Canned beans • Peanut butter, nuts, or seeds
Fruits	<ul style="list-style-type: none"> • Canned or dried fruit • Canned or bottled fruit juice
Vegetables	<ul style="list-style-type: none"> • Canned vegetables
Pasta, noodles, rice, cereals, crackers, chips, and bars	<ul style="list-style-type: none"> • Dry pasta, noodles, and rice • Ready-to-eat cereals • Crackers or tortilla chips • Granola bars or breakfast bars
Soups and stews	<ul style="list-style-type: none"> • Canned soups and stews
Condiments	<ul style="list-style-type: none"> • Sugar and spices • Mustard and ketchup
Fats	<ul style="list-style-type: none"> • Vegetable oil
Sweets	<ul style="list-style-type: none"> • Canned pudding • Jam or jelly
Water	<ul style="list-style-type: none"> • 1 gallon of water per person per day for drinking, cooking, and personal hygiene • Use bottled water, or store tap water in clean containers

REFRIGERATED FOODS: BEFORE AND DURING AN EMERGENCY

You should normally set your refrigerator temperature between 35 and 40 degrees F. Check the temperature with a refrigerator thermometer.

If the power goes out, keep the refrigerator door closed as much as possible to maintain the cold temperature. This may help keep the foods safe to eat for a few hours. How long they will remain safe depends on the temperature of the room.

Throw foods out if the refrigerator temperature rises above 40 degrees F for more than 2 hours. Bacteria can grow to harmful levels and make you sick. The foods may look or smell fine, but may not be safe to eat.

If the power goes out:

- **First:** Use perishable foods and foods from the refrigerator.
- **Second:** Use foods from the freezer, if you can cook them.
- **Third:** Use canned foods and shelf-stable foods.

Throw Out These Foods

If Refrigerator Temperature Rises Above 40 Degrees F For More Than 2 Hours

Milk and milk products	<ul style="list-style-type: none"> • Milk, buttermilk, or evaporated milk • Cheese, yogurt, cream, or sour cream
Meat, fish, poultry, eggs, and egg products	<ul style="list-style-type: none"> • Fresh, leftover or thawing meat, poultry, fish, or seafood • Salads made with meat, tuna, shrimp, chicken, or eggs • Lunch meats, hot dogs, bacon, sausage, or dried beef • Canned hams labeled “Keep Refrigerated” • Opened canned meats or beans • Gravy or stuffing
Fruits	<ul style="list-style-type: none"> • Cut fresh fruit • Opened cans or containers of fruit or fruit juice
Vegetables	<ul style="list-style-type: none"> • Cooked vegetables • Opened vegetable juice • Pre-cut packaged greens • Potato salad
Bread dough	<ul style="list-style-type: none"> • Refrigerator biscuits or rolls
Cooked pasta, noodles, and rice	<ul style="list-style-type: none"> • Cooked pasta, spaghetti, noodles, or rice • Pasta salads or fresh pasta
Soups and stews	<ul style="list-style-type: none"> • Refrigerated soups and stews
Mixed foods	<ul style="list-style-type: none"> • Casseroles • Pizza with any topping
Sauces, spreads and condiments	<ul style="list-style-type: none"> • Opened containers of horseradish, spaghetti sauce, tartar sauce, Worcestershire sauce, or Hoisin sauce
Fats	<ul style="list-style-type: none"> • Commercial garlic in oil • Opened mayonnaise or salad dressing • Whipped butter
Sweets	<ul style="list-style-type: none"> • Pastries or pies filled with custard, cheese, or chiffon • Cheesecake • Refrigerator cookie dough

FOR MORE INFORMATION**American Red Cross**

Food and Water in an Emergency

Website: www.redcross.org/static/file_cont39_lang0_24.pdf

Federal Emergency Management Agency (FEMA)

Emergency Food and Water Supplies

Website: www.fema.gov/library/emfdwtr.shtm

Florida International University

Healthy Hurricane/Disaster Cookbook

Website: www.fiu.edu/~health/hurricaneseason/Cookbook.pdf

U.S. Department of Agriculture

Keeping Food Safe During an Emergency

Food Safety: Power Outages & Flooding

Website: www.fsis.usda.gov/Fact_Sheets

University of Massachusetts Nutrition Education Program

Keeping Your Food Safe if the Power Goes Out

Keeping Your Family Fed if the Power Goes Out

Website:

www.umass.edu/umext/nutrition/programs/food_safety/resources/index.html

REFERENCES

- *Emergency Food and Water Supplies*, Federal Emergency Management Agency, 1992.
- *Emergency Preparedness*, USDA, Food Safety and Inspection Service, 2004.
- *Food and Water in an Emergency*, American Red Cross, 1994.
- *Keeping Food Safe During an Emergency*, USDA, Food Safety and Inspection Service, 2004.
- *Keeping Your Food Safe if the Power Goes Out*, University of Massachusetts Extension Nutrition Education Program, 2000.
- *Keeping Your Family Fed if the Power Goes Out*, University of Massachusetts Extension Nutrition Education Program, 2000.