



# Chapter 8

## Nutrition

# Nutrition

- Amount of food needed to maintain health changes over life span
- Metabolism slows as a person ages.
- Physical changes related to aging that affect nutrition

# Nutritional Assessment

- Assessments may vary depending on facility.
- Assess nutritional concerns
  - Decline in food intake in the last 3 months
  - Weight loss or gain during the last 3 months
  - Mobility issues
  - Psychological/acute illness in the last 3 months

# Nutritional Assessment

- Assess nutritional concerns
  - Taking more than three prescription medications
  - Presence of pressure or skin ulcers
  - Living independently
  - Type and quantity of food consumed daily

# Managing Weight

- Monitoring weight is effective in assessing nutritional status.
- Excessive weight loss or gain should be reported.
- Reasons for weight change

# Tracking Nutritional Intake

- Nutrition plays a role in healing.
- Assess through observation and journaling.
- Consult with a dietitian.

# Nutritional Needs of Older Adults

- Nutritional needs change with age, physical activity, and health status.
- MyPlate can be used as a guide.
- Three critical food groups found in various foods
  - Carbohydrates
  - Proteins
  - Fats

# Nutritional Needs of Older Adults

## ■ Carbohydrates

- Complex
- Simple

## ■ Proteins

- Structural
- Functional
- Complete versus incomplete protein
- Conditions that impact protein intake

# Nutritional Needs of Older Adults

- Amino acids
  - Essential
  - Nonessential
- Fats
  - Role
  - Impact
  - Sources

# Nutritional Needs of Older Adults

## ■ Vitamins

- Water-soluble: B, C
- Fat-soluble: A, D, E, and K

# Nutritional Needs of Older Adults

## ■ Inorganic substances

- Major minerals
  - Calcium
  - Phosphorus
  - Magnesium
  - Sodium
  - Chloride
  - Potassium

# Nutritional Needs of Older Adults

- Inorganic substances (continued)
  - Trace minerals (microminerals)
    - Iron
    - Zinc
    - Iodine
    - Fluoride

# Nutritional Needs of Older Adults

## ■ Water

- Essential component of older adult's nutrition plan
- Important for maintenance of temperature
- Easiest dietary means of fluid intake
- Amount of water needed determined by
  - Age, gender, chronic disease, physical activity, heat exposure

# Nutritional Needs of Older Adults

## ■ Water

- Reasons for poor water intake
  - Lack of thirst
  - Medication
  - Chronic diseases

# Nutritional Needs of Older Adults

- Electrolytes
  - Calcium, phosphorus, sodium, magnesium, chloride, potassium
- Must be maintained in a state of neutrality
- Moved through body by fluids

# Diet Plans

- Various diet plans exist.
  - Regular
  - Modified
  - Clear liquid
  - Full liquid
  - Soft
  - Therapeutic
- Use diet plan most appropriate for patient.