

## **National Nutrition Month- Eating Right Through the Life Stages**

**By Chef Jen, RDN/LDN, RYT-200**

Welcome to the 2<sup>nd</sup> week of National Nutrition Month! The theme is “personalize your plate” and as I mentioned in last weeks blog, not every body is the same, therefore not every plate will be the same. This week we are discussing the difference on plate/nutrition needs through the life span. What you ate in your 20s, may not look the same as in your 60s. You also have different nutritional needs besides a different palate. Below is a list of nutrients for age ranges that was shared on the Academy of Nutrition and Dietetics website:

- **Teens to 20s** — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.
- **20s to 30s** — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.
- **30s to 40s** — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants and dietary fiber.
- **40s to 50s** — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt and saturated fat.
- **60s and beyond** — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

As always:

1. Make sure you follow up yearly with your primary care physician to ensure your needs.
2. Seek out a Dietitian for assistance for further nutrition needs.

***Anyone*** is welcomed to the Nutrition Clinic at STAR campus in Newark, where there is access to amazing dietitians who can counsel and consult you on your nutrition needs and give you guidance on meals. To schedule a telehealth appointment, call the UD Nurse Managed Primary

Care Center at 302-831-3195 to leave a message with your name, phone number, and that you're calling to schedule a Nutrition Clinic Appointment or email [nutrition-clinic@udel.edu](mailto:nutrition-clinic@udel.edu) .

Until next week:

Eat Well, Be Well, Walk your Dog, Try NEW Foods and Bon Appetit!

~~ Chef Jen

<https://www.eatrightpro.org/media/press-releases/national-nutrition-month/nnm-2021-academy-encourages-eating-right-for-life-stages>