



Nutrition Over the Life Span

Principles of Human Services



Do our nutritional needs change as we get older? How?

Dietary Needs at Different Stages

- Pregnancy
- Infants
- Children
- Teenagers
- Adults
- Seniors and older adults





Pregnant Mothers

Maintaining good nutrition and health habits and getting proper medical care are the most important responsibilities of the pregnant mother.





Nutritional Needs During Pregnancy

- Folate, folic acid
- More foods from:
 - – Dairy Group
 - – Protein Foods Group
 - – Fruit Group
 - – Vegetable Group
 - – Grains Group
- Should add 300 calories a day to diet
- Average weight gain –25 to 35 pounds
- Pre-natal vitamin and mineral supplement
- No alcohol

Infants



A baby needs the right nourishment which may be mother's milk or infant formula.





Nutritional Needs for Infants-Matching Game

Age of Infant

- Birth to six months
- Four to six months
- Six to eight months
- Seven to ten months
- Eight to Twelve months
- One to two years

Food Options

- Soft or cooked table foods
- Breast milk or infant formula
- Cut foods into smaller, $\frac{1}{4}$ -inch squares
- Pureed or mashed fruits and vegetables
- Finger foods
- Introduce iron-fortified infant cereal like rice and barley or pureed meats

Children



- Need a regular meal schedule
- Stomachs are small, energy levels high
- Snacks to satisfy food needs
Active, growing children need a regular meal schedule

Teenagers

- Most rapid growth period
- Dramatic physical changes
- Fit healthy eating into busy schedules
- Eat foods for nutrition when eating with friends





Nutrition for Teens

[Importance of Nutrition for Teens](#)

(click on link)

Adults

- Exercise
- Weight control
- Healthy diet
- Regular visits to the doctor
- Active lifestyle



Seniors and Older Adults



- Want to remain independent
- May need assistance in shopping and cooking
- Can purchase convenience foods
- Community may provide meal assistance

Factors that Affect Food Choices

- Appearance
- Fitness
- Weight
- Protection from illness



Factors that Affect Food Choices

- Healing
- Emotional strength
- Future Health



ChooseMyPlate

What's on your plate?

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

Make half your plate fruits and vegetables.

Make at least half your grains whole.

Choose**MyPlate**.gov

The different plate shape is to help grab consumers' attention with a new visual cue that is a familiar mealtime symbol.

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ChooseMyPlate



(click on picture)



ChooseMyPlate

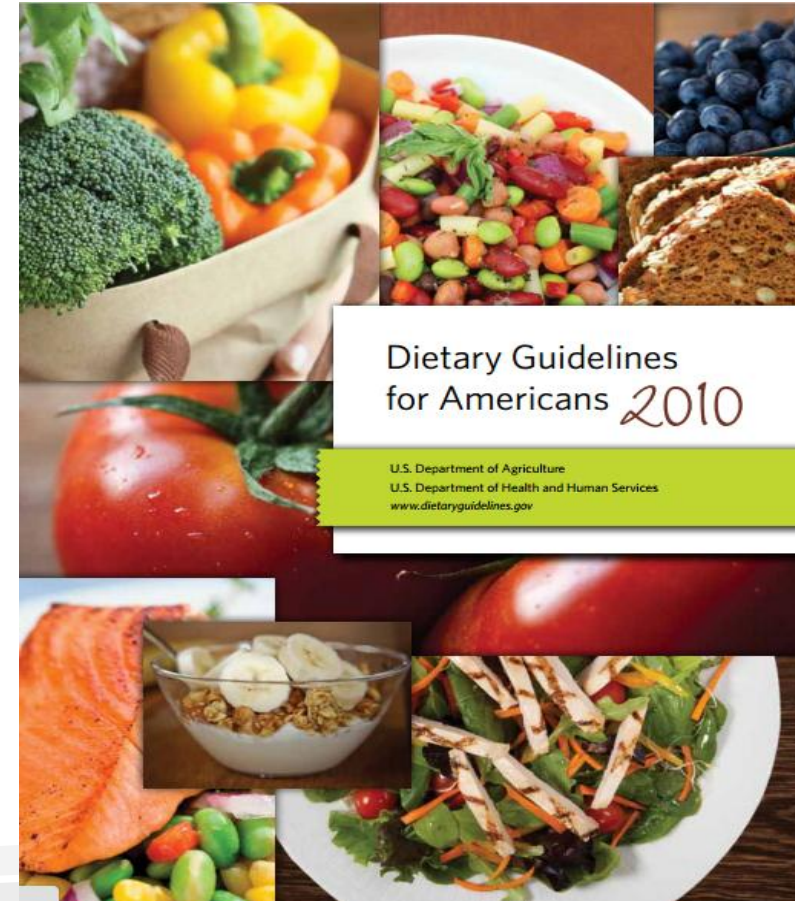
Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soymilk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soymilk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>

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Educating yourself on the food groups, healthy fats and what vitamins and minerals your body needs are just a few steps in the right direction.

Recommended Dietary Guidelines 2010

- Build a healthy plate
- Cut back on foods high in solid fats, added sugars, and salt
- Eat the right amount of calories for you
- Be physically active your way



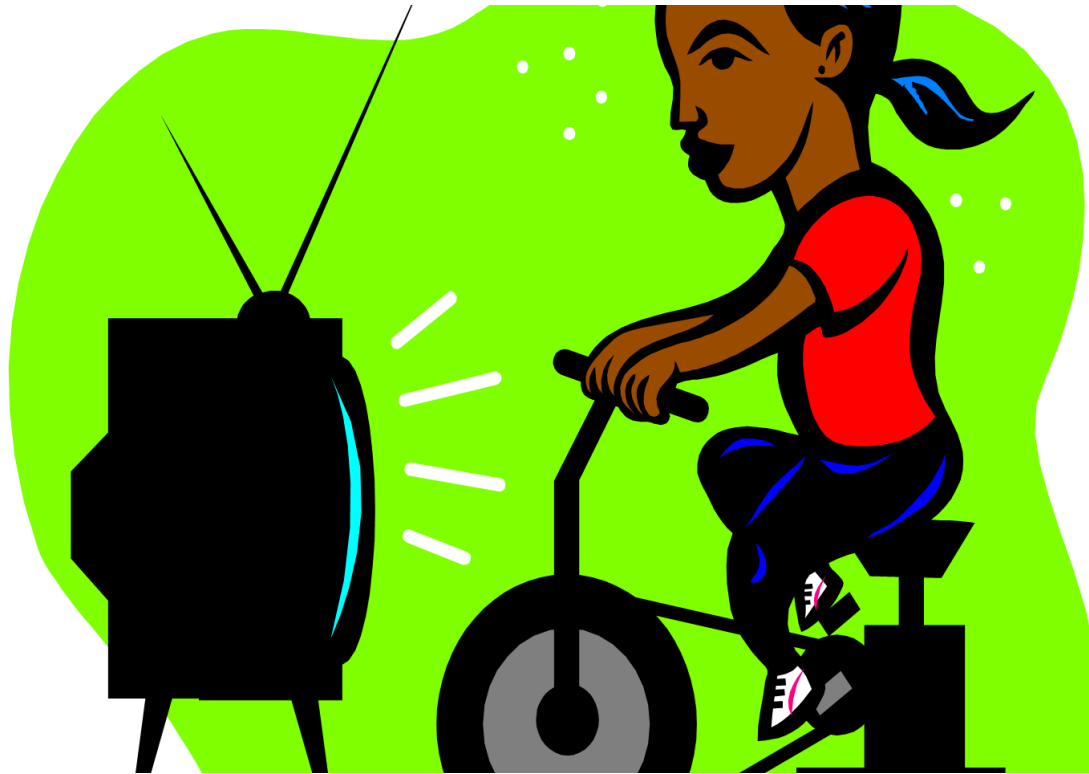
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Relation to Health, Wellness, and Disease

Your food and physical activity choices each day affect your health – how you feel today, tomorrow, and in the future.



Wellness



- Good health
- Positive well-being
- Includes physical, mental, and emotional health
- Reflected in attitude and behavior

Careers in Family and Community Services

[What Dietitians and Nutritionists Do](#)

(click on link)



Image:

<http://www.bls.gov/es/ooh/>



Questions?





References and Resources

Images:

Microsoft Clip Art: Used with permission from Microsoft.

Textbooks:

Brisbane, H. (2010). *The developing child*. Columbus, OH: Glencoe/McGraw-Hill.

Duyff, R. L. (2010). *Food, nutrition & wellness*. Columbus, OH: Glencoe/McGraw-Hill.

Kowtaluk, H. (2010) *Food for today*. Columbus, OH: Glencoe/McGraw-Hill.

Weixel, S., & Wempen, F. (2010). *Food & nutrition and you*. Upper Saddle River, NJ: Pearson/Prentice Hall.

YouTube™:

Importance of Nutrition for Teens

Susan Adams, Registered Dietitian discusses why healthy eating habits and nutrition are important for teens to learn about and adapt into their daily routines.

<http://youtu.be/zJNmuotpdZU>

U.S. Department of Agriculture.

ChooseMyPlate.gov Website. Washington, DC.

<http://www.choosemyplate.gov/>



References and Resources

Websites:

Academy of Nutrition and Dietetics
The world's largest organization of food and nutrition professionals
<http://eatright.org>

Best Teen Diets

It encourages positive food decisions supportive of good health whether your goal is to lose weight, gain weight or stay within your healthy weight range.
<http://bestteendiets.org/index.html>

Nutrition Education of Texas

Teaching Nutrition: Background information about nutrition, nutrients, and healthy eating habits. Topics include nutrients, food safety, selecting a balanced diet, nutritional needs during the lifecycle, nutrition and health. For additional information, visit:
http://netx.squaremeals.org/teaching_nutrition.html

Tips for a Safe and Healthy Life

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
<http://www.cdc.gov/family/tips>

U.S. Department of Agriculture.
ChooseMyPlate.gov Website. Washington, DC.
<http://www.choosemyplate.gov/>
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