
Nutrition as We Age



Facilitator Guide

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This facilitator guide is a companion document to the Nutrition as We Age PowerPoint and corresponding handouts. Included in the guide are preparation tasks, suggested materials, high-level outcomes, the agenda, and presentation outline. The workshop can be delivered as one event or can be broken up into three parts to create a series. The outline also includes suggested talking points. It is vital, for legal purposes, to memorize the Dos and Don'ts section and not to deviate from any cited sources.

PLANNING AND MATERIALS

PLANNING CHECKLIST

PRE- EVENT TASKS		
Review and prepare the materials (as applicable)		
<ul style="list-style-type: none"> • Facilitator Guide • PowerPoint • Handouts • Workshop Sign in Sheet 		
If you are performing this workshop at a new location, confirm the location contact's name and information.		
EVENT TASKS		
Arrive 30-45 minutes early to prepare.		
Check lighting.		
Set up screen and computer with projector (if available).		
Have printed materials ready and organized.		
Have pens available.		

MATERIALS

- Presentation materials including handouts
- Pens or pencils
- Computer (if using PowerPoint)

PRESENTATION OUTLINE

Best Practices

DO	DON'T
<ul style="list-style-type: none"> - Encourage participants to talk to their doctor before making any drastic changes in their diet - Encourage participants to ask their doctor about supplementation if they feel that they are not getting enough of specific nutrients in their diet. - Direct participants to their doctor if they want individual recommendations for their specific health conditions. - Make sure participants know that this presentation is based off the MyPlate guidelines which are nutrition guidelines published by the USDA Center for Nutrition Policy and Promotion. - Recommend participants contact their health plan to inquire about additional nutrition services they may offer to members. - Use simple language that is easily understood by everyone. 	<ul style="list-style-type: none"> - Make individual diet or food recommendations. - Individually recommend supplements. - Make specific food allergy recommendations, encourage participants to address those issues with their doctor. - Discuss the relationship between nutrition and medication with participants. - Use words like 'eliminate' or 'avoid' when talking about foods, use phrases such as 'keep at a minimum' or 'reduce.' - Assume participants understand nutrition terms or fads.

Workshop Outline

Note to facilitator: Direct all medical concerns to a physician or health care professional.

SLIDE	TALKING POINTS
<p>BEGINNING OF SESSION ONE: Components and Benefits of Healthy Aging (if applicable)</p> <p>Introduction and Icebreaker 1 (5 minutes)</p>	<ul style="list-style-type: none"> • Welcome participants, introduce yourself, and introduce the presentation. • Depending on time, consider doing introductions around the room.
<p>Workshop Objectives and Agenda</p>	<ul style="list-style-type: none"> • Introduce the workshop objectives:

<p>2 (1 minute)</p>	<ul style="list-style-type: none"> ○ Identify the components of a healthy, balanced diet (session 1). ○ Describe how nutrition affects optimal aging (session 2). ○ Explain the relationship between nutrition, exercise, and stress management in maintaining overall health (session 3). ○ Make health and nutrition decisions geared towards optimal aging (session 3).
<p>ACTIVITY 3 (10 minutes)</p> <p>Handout</p> <ul style="list-style-type: none"> - Worksheet or blank paper 	<ol style="list-style-type: none"> 1. Introduce the topic of barriers: what potential things, people, events, etc. could get in the way of changing dietary habits 2. Using white board, piece of blank paper, or worksheets, have the participants write down what barriers they come up with 3. Offer common examples if they are having trouble: expense, taste, the person they live with doesn't want to make the same dietary changes, they cannot drive to buy the food that they want, they do not have support from their family, etc. 4. Remind them to keep these barriers and the objectives in mind throughout the presentation as we start to talk about each topic 5. Ask if participants have any questions or comments about barriers
<p>Dietary Guidelines 4 (5 minutes)</p> <p>Handouts</p> <ul style="list-style-type: none"> - MyPlate guidelines - Fruits and vegetables 	<ul style="list-style-type: none"> ● Present the dietary guidelines for adults from MyPlate ● Pass out handouts 1 and 2 <p>MyPlate guidelines:</p> <ul style="list-style-type: none"> ● Fruits and vegetables: <ul style="list-style-type: none"> ○ half of your plate fruits and/or vegetables ○ opt for whole fruits instead of juice, which has more sugar and less fiber ○ Vary the colors of the fruits and vegetables you choose ○ Suggestions: <ul style="list-style-type: none"> add a veggie salad to lunch eat a fruit bowl for dessert add roasted veggies to dinner add fruit to your cereal in the morning ● Grains <ul style="list-style-type: none"> ○ One-fourth of your plate, ○ make at least half of grains whole grains, which are a heart-healthy grain option associated with lowered risk of several diseases, specifically heart disease. ○ Suggestions: <ul style="list-style-type: none"> whole grain bread whole grain pastas brown rice cereals that contain whole grains whole wheat toast with dinner

	<p>oatmeal for breakfast whole wheat bagel instead of a donut</p> <ul style="list-style-type: none"> • Dairy <ul style="list-style-type: none"> ○ ~ 1 cup of dairy 3 times a day ○ choose low-fat or fat-free milks or yogurts to help reduce consumption of saturated fat • Protein <ul style="list-style-type: none"> ○ Choose both animal proteins (such as meat, poultry, seafood, eggs) and plant proteins (such as beans, peas, nuts, and seeds) ○ Suggestions: choose seafood twice a week have eggs once a week for breakfast experiment with animal and plant sources of protein use nuts or seeds for easy snacks • Foods to Avoid: <ul style="list-style-type: none"> ○ less sodium, saturated fat, and added sugars ○ check the nutrition facts labels on the back of food products ○ look for low sodium or “no salt added” food alternatives ○ pay attention to added sugars • Offer time for questions or discussion on topics discussed in this section
<p>Tips for Eating a Healthy and Varied Diet 5 (5 minutes)</p> <p>Handouts - Tips handout (with examples)</p>	<ul style="list-style-type: none"> • Discuss helpful tips for implementing these guidelines into a lifestyle • Pass out handout 3 <p>Tips for Eating a Healthy and Varied Diet</p> <ul style="list-style-type: none"> • Eat the colors of the rainbow <ul style="list-style-type: none"> ○ refer to their fruit and vegetable handout from the previous section ○ Variety ensures a wide range of nutrients ○ different colored foods contain different vitamins and minerals that our body needs for optimal health • Aim for variety <ul style="list-style-type: none"> ○ Experiment with different recipes and meals ○ Use herbs and spices • Decrease fast food consumption <ul style="list-style-type: none"> ○ fast food is high in sodium, saturated fat, and added sugar ○ healthy alternatives to fast food are fruit, vegetables, nuts or seeds, yogurt, things that are portable and easy to eat • Moderation <ul style="list-style-type: none"> ○ Be aware of portion sizes ○ Eat your favorite treats and snacks in moderation while also incorporating healthy foods.

	<ul style="list-style-type: none"> ○ Learn portion sizes and how to measure suggested serving sizes (for example instead of eating half a bag of chips, learn how to portion out a small serving of chips to eat with a meal so that you can still indulge without overeating) ● Follow the 80/20 rule <ul style="list-style-type: none"> ○ Daily consume 80% of your meals as healthy, nutritious, foods that fulfill the MyPlate guidelines. The other 20% can be your favorite snack or drink, this will help you to stick to the MyPlate guidelines without feeling like you are sacrificing the other things you love in your daily eating routine ● Be consistent <ul style="list-style-type: none"> ○ Strive to create long lasting habits towards improving your health – consistency is the goal, not perfection ● Offer time for questions or discussion on topics discussed in this section
<p>Benefits of Eating a Healthy Diet 6 (5 minutes)</p>	<ul style="list-style-type: none"> ● Increased energy levels: food is what we consume for energy, if we aren't eating enough or are eating too much of the wrong types of food without any nutrient dense foods, we can begin to experience feelings of sluggishness or drowsiness throughout the day, healthy eating has been proven to improve our mood which then can boost our physical activity ● Improved sleep: our food choices affect our restorative sleep patterns, a diet that is high in fiber and lower in sugar has been linked to more restful sleep at night. Normal physical activity also enhances restful sleep at night ● Improved cognitive function: a lot of the vitamins and minerals found in fruits and vegetables promote the proper function of cells in our body, when we are consuming enough of these nutrients, we improve our cognitive responses ● Improved body composition: muscle mass and bone density can be greatly improved through physical activity and consuming enough nutrients to maintain our muscle tissue and promote proper bone health (vitamin D and calcium become a very important part of the equation as we age) ● Lowered risk of disease and illness: too much saturated fat in the diet has been known to lead to high cholesterol and high blood pressure which are the two major risk factors for cardiovascular disease, too much sugar consumption has been known to cause high levels of inflammation which can lead to many various nerve and cell issues ● Overall increased quality of life and happiness ● Offer time for questions or discussion on topics discussed in this section

<p>ACTIVITY 7 (10 minutes)</p> <p>Handout: - Worksheet or blank paper</p>	<ol style="list-style-type: none"> 1. With the information we just learned, ask participants to write down on a white board, blank piece of paper or the worksheet some of their typical meals or snacks that they consume 2. Tell them to be as specific as possible (i.e. a handful of peanuts, a full cup of 2% milk, a salad with spinach, tomatoes, onions, and chicken, etc.) 3. After they come up with 2-3 meals or snacks tell them to try to modify by adding or subtracting parts of their meal to fit the MyPlate guidelines and follow the healthy eating tips (they can do this in small groups or by themselves) 4. Some suggestions you can make: <ul style="list-style-type: none"> ○ if you normally have a heaping scoop of cereal with whole milk in the mornings, try measuring 1 cup (or 1 serving of cereal) with 2% milk, adding a handful of berries to the cereal, and having a hard-boiled egg on the side 5. Have participants share their ideas with their table or around the room (depending on time)
<p>CONCLUSION (session 1) 8</p>	<p>Review key learnings.</p> <p>Ask:</p> <ul style="list-style-type: none"> • What are the components of a healthy, balanced diet? • What are some tips for eating a healthier diet? • What are some of the benefits of healthy eating? <p>Ask participants to think about their perceived barrier they chose earlier. The group will discuss it during the next sessions.</p>
<p>END OF SESSION ONE (if applicable) 9</p>	<p>END OF SESSION ONE (if applicable)</p>
<p>BEGINNING OF SESSION TWO: NUTRITION AND AGING (if applicable) 10 (1 minute)</p>	<p>Welcome participants.</p>
<p>COURSE OBJECTIVES 11 (1 minute)</p>	<p><i>Review session one discussion and objectives. Present session two and three objectives.</i></p> <ul style="list-style-type: none"> • Identify the components of a healthy, balanced diet. Session one • Describe how nutrition affects optimal aging. Session two • Explain the relationship between nutrition, exercise and stress management in maintaining overall health. Session three

	<ul style="list-style-type: none"> • Make health and nutrition decisions geared toward optimal aging. Session three
<p>WHAT HAPPENS AS YOU AGE 12 (10 minutes)</p>	<ul style="list-style-type: none"> • Pose the question, ‘so what happens as we age?’ <ul style="list-style-type: none"> ○ You can encourage people to raise their hand and share any things they noticed that have changed with age related to their eating patterns, nutrition, or overall health <p>Changes that happen that directly affect our nutrition</p> <ul style="list-style-type: none"> • Behaviors: <ul style="list-style-type: none"> ○ eating behaviors change ○ nutritional (energy levels) needs change due to more or less physical activity ○ mood may change • Cognition: <ul style="list-style-type: none"> ○ reasoning, memory, and processing speed may also slow with age • Physical changes: <ul style="list-style-type: none"> ○ physical capabilities decrease with age especially if a person has a lower activity level ○ orthopedic changes and bone density decrease • Digestion: <ul style="list-style-type: none"> ○ Digestive changes happen with age and it may become harder to eat, digest food, and absorb the proper nutrients needed for our body. ○ Changes in chewing and swallowing can have a huge impact on our nutrition. ○ Slower digestion, difficult, slowed, or painful bowel movements, and decreased appetite • Give practical ways for keeping up with changing needs: <ul style="list-style-type: none"> ○ For example, if you’re having trouble chewing and swallowing and you used to eat an apple every day, consider switching to applesauce to still get some of the nutrients from an apple while getting something that is easier to consume. ○ If you are having more than minor issues with chewing, maybe you need to talk to your doctor about dentures...etc. • Offer time for questions or discussion on topics discussed in this section
<p>CHANGES IN NUTRITIONAL NEEDS AS WE AGE 13 (10 minutes)</p>	<ul style="list-style-type: none"> • We can slow the aging process down by taking preventative steps like adding or increasing physical activity levels, decreasing tobacco use and alcohol consumption, and maintaining proper nutrition by fueling our body properly. • Importance of vitamins and minerals: micronutrients need to be consumed through food because they all play a specific role in our

<p>Handout</p> <ul style="list-style-type: none"> - Nutrients of importance with examples and roles in the body 	<p>body. They are vital for growth, immune function, brain health, and disease prevention.</p> <ul style="list-style-type: none"> • Pass out handout 4 • The 4 specific micronutrients MyPlate emphasizes with age: <ul style="list-style-type: none"> ○ Potassium: consuming around 4,700mg per day for seniors while trying to reduce sodium levels helps lower and regulate blood pressure, food sources: apricots, bananas, beans, ground beef, broccoli brussels sprouts, cantaloupe, dates, fish (haddock, salmon), lentils, milk, nuts, oranges, potatoes, raisins, seeds, sweet potato, spinach, yogurt, zucchini ○ Calcium: adults needs a good combination of calcium and vitamin D to maintain proper bone health, 3 servings of calcium rich foods or beverages per day, sources: spinach, kale, okra, collards, soybeans, white beans, some fish (sardines, salmon, perch, trout), foods that are calcium fortified like orange juice, oatmeal, and various breakfast cereals ○ Vitamin D: need along with calcium, sources: fatty fish (tuna, mackerel, salmon), beef liver, cheese, egg yolks, foods fortified with vitamin D like certain dairy products, orange juice, soy milk, and various cereals ○ Vitamin B12: most people over the age of 50 don't consume enough B12. B12 helps keep the body's nerve and blood cells functioning properly, sources: beef, liver, chicken, fish, shellfish (trout, salmon, tuna, clams), low-fat milk, yogurt, and cheese, eggs fortified breakfast cereals ○ Dietary Fiber: diet rich in fiber promotes healthy and proper digestion and bowel movements, sources: fruits, vegetables, beans and legumes, breads, grains, nuts, oats. Remind participants that if they are following the MyPlate guidelines, they will most likely be getting enough fiber in daily too. • Encourage participants to talk to their doctor or a dietitian if they need supplementation • Offer time for questions or discussion on topics discussed in this section
<p>ILLNESS AND DISEASE PREVENTION 14 (5 minutes)</p>	<ul style="list-style-type: none"> • We can significantly reduce the risk of illness and disease by being aware of what we put into our bodies. • Stats from the CDC: <ul style="list-style-type: none"> ○ Chronic diseases are the leading causes of death and disability in the U.S. ○ 70% of annual deaths are due to chronic disease ○ Among adults age 20-74, diabetes remains the leading cause of kidney failure, blindness, and non-traumatic extremity amputations • These are preventable through diet and lifestyle change.

	<ul style="list-style-type: none"> • “You are what you do and eat” i.e. if you aren’t physically active you will feel sluggish, tired, and experience stiff and tight muscles) • Eating a nutritious diet, rich in fruits, vegetables, fiber, protein, and whole grains and low in sugar can lead to decreased disease and improved overall quality of life (sleeping, proper hormone function, brain function, cell function, happiness, longevity, etc.) Diet and physical activity can also largely affect the symptoms of these diseases if you suffer from them currently. • Some of the most common chronic diseases in the U.S. – including heart disease, stroke, diabetes, cancer – can be prevented and are most commonly linked to poor diet and lifestyle behaviors including tobacco use, excessive alcohol consumption, inadequate nutrient (vitamins and minerals) consumption, and inadequate physical activity. Studies show that realistic diet modifications in combination with long-term lifestyle change can prevent most CAD, stroke, diabetes, colon cancer, and smoking-related cancers • Offer time for questions or discussion on topics discussed in this section
<p>ACTIVITY AND GROUP DISCUSSION</p> <p>15 (10 minutes)</p> <p>Handout:</p> <ul style="list-style-type: none"> - Blank piece of paper or worksheet 	<ol style="list-style-type: none"> 1. Revisit barriers 2. Have participants review their initial perceived barriers (refer to barriers that were written on the board, piece of paper, or worksheet) 3. Steps to overcome: have participants choose a barrier that they think will be the biggest issue 4. On the same white board, piece of paper, or worksheet have participants write down HOW they will act to overcome these barriers: <ul style="list-style-type: none"> ○ Small and attainable actions: come up with at least 3 achievable steps to work towards overcoming that barrier ○ Social support: will your family and/or friends support your decision? Having a support group is very important when it comes to lifestyle change ○ Focus on habits vs. results: focus on the long-term benefits and outcomes to your goal (i.e. instead of saying, I want to lose weight, change that to be habit based by saying I will eventually lose weight by making healthier food decisions and following the MyPlate guidelines while incorporating 30 minutes of physical activity into each week day) ○ Be specific. 5. Have participants share their goals with their table or around the room, depending on time.
<p>CONCLUSION (session 2) 16 (1 minute)</p>	<p>Review learnings.</p> <p>Ask:</p> <ul style="list-style-type: none"> • What are some things that happen to us as we age? • How does nutrition affect optimal aging?

	<ul style="list-style-type: none"> • What are some major factors impacting illness and disease? <p>Remind participants to remember their goals for removing their healthy eating barrier.</p>
END OF SESSION TWO (if applicable) 17	END OF SESSION TWO (if applicable)
BEGINNING OF SESSION THREE: LONGEVITY AND MAINTENANCE (if applicable) 18 (1 minute)	Welcome participants.
COURSE OBJECTIVES 19 (1 minute)	<p><i>Review session one and two discussion and objectives. Present session three objectives.</i></p> <ul style="list-style-type: none"> • Identify the components of a healthy, balanced diet. Session one • Describe how nutrition affects optimal aging. Session two • Explain the relationship between nutrition, exercise and stress management in maintaining overall health. Session three • Make health and nutrition decisions geared toward optimal aging. Session three
PHYSICAL ACTIVITY AND STRESS 20 (5 minutes)	<ul style="list-style-type: none"> • Recommendation for physical activity in adults: to get at least 150 minutes per week of physical activity <ul style="list-style-type: none"> ○ Examples: a walk, weight bearing exercise (i.e. lifting weights) does a lot to promote healthy bones and increase bone density (decreasing injuries and other orthopedic issues as we age), playing outside with your grandkids, yoga, an exercise class, swimming, SilverSneakers programs etc. • Remind participants that we touched on improved sleep in the 'benefits' slide, and that proper incorporation of physical activity and stress management also increases restful sleep. Physical activity can help increase your appetite and thirst cues (thirst receptor function dramatically decreases with age) • Stress management: chronic stress can lead to various health problems and increase inflammation in the body • Ask participants to think about why are we stressed? <ul style="list-style-type: none"> ○ related to aging, family, friends, responsibilities, job, etc. • Helpful stress management techniques: various breathing techniques, yoga, tai chi, getting out in nature

	<ul style="list-style-type: none"> • Offer time for questions or discussion on topics discussed in this section
EXTRA RESOURCES (optional based on audience/participants) 21 (1 minute)	<ul style="list-style-type: none"> • Give MyPlate.gov as a resource for more info on topics learned in this presentation • SilverSneakers offers a variety of solutions to access fitness resources. You can go to SilverSneakers.com and find locations in your area or you can download SilverSneakers Go from the Apple Store and Google play. Access SilverSneakers On-Demand by logging into your SilverSneakers account on SilverSneakers.com • Offer time for questions or discussion on topics discussed in this section
MAINTAINING OUR HEALTHY HABITS 22 (5 minutes)	<ul style="list-style-type: none"> • Discuss the key to long term goals: healthy habits • Emphasize HABITS vs. RESULTS • How to maintain our healthy habits (knocking down barriers) • GOAL: the participants gain the knowledge to help make better decisions most of the time that will help create healthy habits that will then produce long term results
CONCLUSION 23 (5 minutes)	<ul style="list-style-type: none"> • Group discussion: refer to objectives/agenda and see if all of the key takeaways were addressed • Q&A • Make sure each participant has all of the handouts that go along with the presentation • Closing • Recommend Grocery Store Tour as a fourth session (if available)
THANK YOU 24 (1+ minutes)	<ul style="list-style-type: none"> • Thank participants. • Open session up for questions.
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