



From the nutritionist's desk

“Dietary requirements change as we age, and elders, especially those living alone, may risk malnutrition,” says Bridget Doyle, nutritionist and Little Brothers - Friends of the Elderly volunteer. “Adequate hydration and meals rich in protein, fiber, healthy fats and naturally occurring vitamins and minerals are a definite boost when it comes to healthy aging.”

To safeguard against poor nutrition, Bridget offers elders the following advice:

- **Hydrate!** Start each day with an 8 - 12 glass of water. Have an 8 oz. glass with every meal, and aim for five to eight glasses daily, regardless of other beverage intake.
- **Have protein with every meal, especially breakfast,** to maintain muscle mass, which guards against falls and prevents broken bones. Try for the number of protein grams equivalent to half your weight.
- **Focus on fiber.** Plan on at least one cup of fresh, canned or frozen fruit or vegetables with each meal. Add fiber and protein-rich foods such as sweet potatoes, beans, lentils and whole grains and breakfast foods like oatmeal and Wheaties to your menu.
- **Don't forget the fats.** Healthy fats include walnuts, almonds, olive oil, tuna, salmon, sardines and avocados.
- **Reduce sodium intake,** especially if hypertension or kidney problems exist.
- **Follow doctor's orders regarding supplements, vitamins and minerals,** which should be based on your individual needs.
- **Indulge your sweet tooth occasionally.** Food is a pleasure. Enjoy it!



Little Brothers - Friends of the Elderly has provided one-on-one companionship services, advocacy and social activities for isolated and lonely older adults in the Twin Cities since 1972. A 501(c)(3) nonprofit organization, LBFE has been recognized by the Charities Review Council for meeting its 27 Accountability Standards. More information about LBFE can be found at littlebrothersmn.org.

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