



Benefitting from the food you eat





1 tbsp vegetable oil
3 individual portion packs (à 6 g) of spread
½ dl sugar
35 g + 50 g

2–3 portions of fish, meat
or eggs
180 g

3 glasses of dairy product
2–3 slices of cheese
5 dl + 20 g

2–4 potatoes
150 g

6 portions (à 80 g) of vegetables,
berries or fruit
500 g

6–9 slices of bread
2 portions of porridge, pasta,
rice or bun
300 g





Objectives of successful eating and nutrition

- Good nutritional status
- Sufficient nutrient stores
- Maintenance and promotion of viability and well-being
- Pleasure, recreation and consequently an improved quality of life



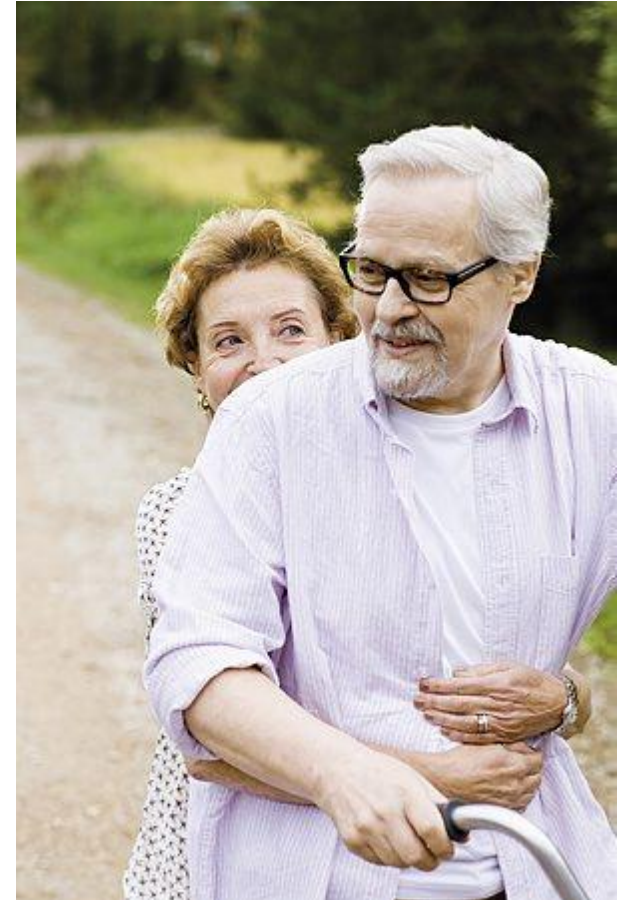
Merja Suominen, D.Sc. (Food Sciences) doctoral dissertation in the field of nutritional science:
“Nutrition and Nutritional Care of Elderly People in Finnish Nursing Homes and Hospitals”
(Ikääntyneiden ihmisten ravitsemus ja ravitsemushoito suomalaisissa vanhainkodeissa ja sairaaloissa)



Good nutritional status is the foundation of well-being

Good nutritional status

- Prevents or postpones the onset of diseases and slows their progress
- Sufficient nutrient stores enhance recovery from illness
- Maintains viability
- Maintains muscle mass and strength
- Reduces the risk of infections and enhances recovery from illness.





What changes when we're older?

- The key is to maintain a constant weight!
- Exercise
- Regular, varied eating, small portions, snacks
- Sense of taste >> seasoning, favourite foods
- Help with eating, meals of the right texture
- Energy, protein, vitamin D





Why protein?

- Enhances maintenance of muscle mass and decreases the risk of infection
- Maintenance of muscle mass enhances mobility, viability and balance, which decreases the risk of falling down and fractures
- Maintains good quality of life





Protein intake is always important!

- But especially
 - If you have lost weight
 - In hospital care
 - After an operation
 - To strengthen muscles and help you cope better with everyday chores





Sources of protein

- Half of the daily protein requirement can easily be obtained from dairy products
- On a daily basis
 - A portion of quark or cottage cheese
 - 3 glasses of milk or fermented milk
 - 2-3 cheese sandwiches
 - One portion of fish, poultry, meat or eggs
- Sufficient protein intake
("Eat at least the protein part of the dish")





What is vitamin D needed for?

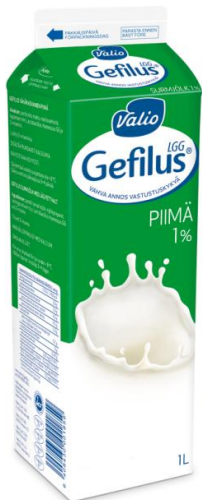
- Vitamin D is necessary for calcium absorption and bind to the bone mineral
- Decreases the risk of falling down and enhances immunity
- The best sources of vitamin D
 - Fish
 - Dairy products with vitamin D fortification
 - Edible fats with vitamin D fortification
 - Sunlight exposure
- Recommendations for vitamin D intake
 - The recommended daily intake from food and vitamin D supplements **for over 60 year-olds is 20 µg** all year round.





Products with vitamin D fortification

- Basic and special milks and fermented milks (not organic products)
- Valiojogurtti®, Valio A+™, Valio Laktoositon™, Valio OLO™ digestion yoghurt
- All Valio Polar® cheeses
- Dairy products are also a good source of protein
- Many dairy products suitable also for soft textured easy-to-digest foods in the diet





Recommended daily intake of calcium = 800 mg



2 dl viili
fermented milk

+



2 dl yoghurt

+



A glass of milk 2dl

+



20–30 g of cheese,
2–3 slices



Maintaining weight – avoid becoming underweight

- Eat regularly at 3 hour intervals – remember to snack.
- If you are slim, you can eat dairy products with a higher fat content. Avoid low fat products.
- Ready-to-eat and part-cooked foods make day-to-day life easier.
- If you have a poor appetite, eat at least the meat/fish part of the meal, and drink a glass of milk/fermented milk.
- A good weight is positively linked to a long life
- Have sufficient energy to draw on in case you fall ill
- Exercise





Fibre and a sufficient intake of fluids

- The most common causes of constipation are an insufficient intake of fibre, a lack of exercise, and low consumption of fluids. Some medications may cause constipation as a side effect.
- Constipation is very common in elderly people, especially those in institutional care.
- Eat high fibre bread, add bran to yoghurt, eat root crops and fruit, drink enough fluids.
- The amount of fibre in the diet can also be increased by eating foods with added fibre.
- 4 pieces of rye bread, fruit, vegetables





More fibre in the diet

- Valio OLO™ digestion yoghurt
→ Fibre 5 g/cup
- Valio GEFILUS® juice, orange-peach + fibre
→ Fibre 3 g/glass
- Valio gooseberry-boysenberry soup,
sugar-free + fibre
→ Fibre 3 g/glass
- Valio A+™ drinking yoghurt; muesli, HYLEA®
→ Fibre 6.6 g/cup
- Valio A+™ yoghurt, HYLEA®
→ Fibre 3.6 g/cup



Compare with high fibre bread, 3 g/slice



Fluid balance

- 1–1.5 litres/day
- Recommended drinks with meals are milks, fermented milks, and water
- Milkshakes, berry soups and juices ➡ more energy!





A powerful dose of immunity,
every day!





What is lactose intolerance?

- Lactose intolerance refers to symptoms caused by poor digestion of lactose.
- The symptoms are individual.
- Tolerance of lactose may vary for different foods.
- The symptoms will disappear when lactose is reduced in the diet or removed completely.
- Choose HYLA[®] low lactose, Valio Laktoositon[®] lactose free, matured cheeses





Special diets

- **Rheumatism**
 - Vegetables and soft fats
- **Gout**
 - Avoid offal, small type fish, and peas
 - Otherwise normal diet
- **Overweight**
 - Being a little overweight is not detrimental to health
- **Diabetes**
 - Ordinary diet
- **Cardiovascular diseases**
 - Pay attention to the quality of fat and quantity of salt ↓
- **For people taking anticoagulants**
 - A variety of vegetables, eaten regularly



Bringing taste to life

