
Improving our nutritional status as we age, helps maintain optimum health and reduces the risk of chronic degenerative diseases, especially neurodegenerative disorders such as Alzheimer's disease and Parkinson's. Neurodegenerative disorders affect up to as much as 50% of the elderly population aged over 70.

Malnutrition is defined as any nutritional disorder caused by an insufficient diet, or the impaired digestion, absorption and assimilation of nutrients. Symptoms may include weakness, fatigue, impaired immune response, poor wound healing and infection.

Urinary symptoms such as frequency, burning or urgency suggest infection and may occur as a result of bacterial infection.

Dementia describes a group of symptoms that are caused by changes in brain function. Symptoms include asking the same questions repeatedly, becoming lost in familiar places, being unable to follow directions and neglecting personal safety, hygiene and nutrition.

Menopause occurs for women between the ages of 45 and 55 as a result of hormonal changes (decline in estrogen). Symptoms may include hot flashes, sleep disturbances and mood swings.

Between the ages of 40-55, men can experience a phenomenon similar to female menopause, termed **andropause**. It is distinguished by a reduction in the hormone testosterone. Changes occur gradually including loss of energy, sex drive and physical agility.

DIETARY SUGGESTIONS

1. Foods containing phytoestrogens can alleviate or prevent menopausal symptoms. These include soybeans and flaxseed (linseed).
 2. Regular, gentle exercise reduces hot flushes and other menopausal symptoms.
 3. Women with recurrent urinary tract infections may benefit from drinking or eating cranberries or blueberries daily.
 4. Ensure plenty of variety in your diet by including an assortment of breads/cereals, fruit, vegetables, meat and dairy products.
 5. Ensure you drink plenty of fluids. Don't wait to feel thirsty, as it is common to lose this sensation. Water is recommended.
 6. Increase high fibre foods, such as wholegrain breads and cereals, fruit and vegetables. This will also increase intake of vitamins C, D, B6, folic acid, iron and magnesium.
 7. Consume small, frequent meals.
 8. Whilst the elderly require fewer calories from food, they still need approximately the same amount of vitamins and minerals. Therefore it is important to make careful food choices to ensure all requirements are met.
 9. Zinc is essential for the production of testosterone. Sources include eggs, fish, meat and whole grains.
 10. See a qualified holistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan
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Nutrition in the ELDERLY

Under Nutrition
Urinary tract health
Hypochorhydria
Dehydration
Dementia
Menopause
Andropause



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July 2005

NUTRITION IN THE ELDERLY PRODUCTS

- ♥ Less than 3% fat, no saturated fat
- ▶ Soy
- △ Linseed
- High Fibre
- Low GI

Fruit Cookies - 97% Fat Free

- ♥▶■□ Apricot Temptation (GI - 47)
- ♥▶■□ Spicy Apple Sensation (GI - 47)
- ♥▶■□ Blueberry Bliss (GI - 47)
- ♥▶■□ Sticky Date (GI - 47)
- ♥▶■□ Zesty Ginger (GI - 47)

Gluten/Wheat Free Biscuits

- ▶ Sultana Splitz
- ▶△ Chocolate Blitz
- ▶ Chocolate Dream
- ▶□ Crunchy Coconut
- Caramel Crunch
- Florentines
- Choc Chip Bites

Snacks

Gluten free, Wheat free

- ♥ Baked Corn Chips - Plain

Slices

Gluten free, Wheat Free

- ♥□ Strawberry Multi pack - **Medium GI (58)**

Spread

- ♥ Vege Spread - gluten free, yeast free

Confectionery

Gluten free, Wheat free

Fruit strips enriched with a vitamin & mineral blend.

- ♥■ Enriched Apricot & Apple (GI - 29)
- ♥■ Enriched Peach & Pear (GI - 29)
- ♥■ Enriched Plum & Apple (GI - 29)

Bars

- △■□ Omega Bar - Good source of Omega 3, gluten free (GI - 21)
- ♥■ Hi-Lite Breakfast Bar (GI - 53)
- △■ Gluten Free Breakfast Bar (GI - 50)
- Super Berry Breakfast Bar – Only 4% fat, - **Medium GI (57)**

Sauces

Gluten free, Wheat free

- ♥ Tomato Pasta Sauce

Fruit Spreads

Gluten free, Wheat free

- ♥■ Apricot (GI - 29)
- ♥■ Raspberry (GI - 26)
- ♥■ Strawberry (GI - 29)
- ♥■ Marmalade (GI - 27)

Beverages

Organic red grape juices

- ♥ Black Muscatel
- ♥ Shiraz
- ♥ White Muscatel

Pastas

Gluten free, Wheat free

Enriched with a vitamin & mineral blend & added fibre

- ♥■□ Enriched Rice (GI - 51)
- ♥■□ Enriched Spaghetti (GI - 51)

Breakfast Cereal

- ♥■□ Hi-Lite - enriched with Vitamin C, Iron & Folate (GI - 54)
- ♥□ Rice Flakes with psyllium, gluten free
- ♥□ Rice Puffs with psyllium, gluten free
- ♥□ Corn Flakes with psyllium, gluten free
- ♥ Ultra-Rice with psyllium, gluten free
- △■□ Yeast Free/Wheat Free Muesli (GI - 44)
- △■□ Gluten Free/Wheat Free Muesli (GI - 50)
- Porridge Quick Oats (GI - 50)

Bakery

Gluten free, Wheat free

- ♥ All-Purpose Flour
- ♥□ Pancake Mix - **Medium GI (61)**
- Corn Fritter (GI - 34)

Cookbook (RRP \$24.95)

Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology. Low GI ≤ 55
Medium GI = 56 - 69
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800696231 for further information