
FOOD AND FITNESS

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- Foods and eating patterns that work best with strength and mobility exercises
- How to reduce or prevent inflammation
- Free nutrition counseling services for Senior Center members

FOODS AND EATING PATTERNS THAT WORK BEST WITH STRENGTH AND MOBILITY EXERCISES

- Hydration
- Protein
- Carbohydrates
- Calcium and Vitamin D

HYDRATION

- Water
- Adequate Intake (AI): 13 cups for men; 9 cups for women
- When?
- Throughout the day
- Sports Drinks?
- Electrolytes are replaced with regular meals and snacks
- Energy Drinks?
- High in sugar and caffeine

PROTEIN

- Is more better?
- Eating extra protein without exercising does not build muscle.
- How much?
- RDA: 0.8g/kg body weight (2.2 pounds). Example: 150 pound person would need about 55 grams per day. 1 ounce of meat contains approximately 7 grams protein.
- When?
- Throughout the day and within 2 hours after a workout
- What?

CHOOSE LEAN PROTEIN FOODS

- Fish and seafood
- Lean beef, pork
- Poultry without skin, not fried
- Egg whites
- Low fat yogurt and cheese
- Beans/Legumes

CARBOHYDRATE

- Supplies energy and replenishes your muscle glycogen (storage form of carbohydrate)
- Include at each meal
- Fruit, vegetables, starches, whole grains

WHOLE GRAINS

- Whole Wheat, Rye, or Pumpernickel Bread
- Brown or Wild Rice
- Whole Grain Pasta
- Quinoa
- Barley
- Bulgur
- Farro
- Oats
- Whole Grain Cereal

CALCIUM AND VITAMIN D

- Work together with weight bearing exercise to maintain strong bones.

CALCIUM

RDA: Women aged 51 and older: 1200 mg/day

Men aged 51-70: 1000mg/day

Men aged 70 and older: 1200 mg/day

Dietary Sources: Milk, yogurt, green leafy vegetables, bony fish such as sardines.

VITAMIN D

- 600 IU (15 mcg)/day aged 51-70
- 800 IU (20 mcg)/day aged 71+
- Fatty fish such as salmon -*570 IU per 3 ounces*
- Egg yolks -*44 IU per 1 large*
- Milk that is fortified with Vit D -*120 IU per 1 cup*
- Sunlight

INFLAMMATION

- What is it?
- How to reduce or prevent it
- Foods to eat
- Foods to avoid

WHAT IS INFLAMMATION?

- A normal body response by the immune system to promote healing.
- Acute inflammation
- Chronic inflammation
- Inflammation in tissues throughout the body can make you more vulnerable to illness.



WHAT CAN YOU DO TO REDUCE OR PREVENT CHRONIC INFLAMMATION?

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- ✓ **Adopt a Healthy Eating Pattern**
 - ✓ **Avoid Weight Gain**
Even a small amount of weight loss can counter inflammation.
 - ✓ **Exercise Regularly**
 - ✓ **Get Adequate Sleep**
 - ✓ **Manage Stress**
 - ✓ **Be careful with Alcohol** (No more than 2 drinks per day for men and 1 for women)



WHAT DOES A HEALTHY EATING PATTERN LOOK LIKE?

- Include a variety of nutrient rich foods.
- Avoid or limit processed foods.
- Avoid excess calorie intake.

5 OR MORE SERVINGS OF FRUITS AND VEGETABLES DAILY

- Nutrient dense foods
- Vitamins, minerals, and antioxidants
- Low in Calories
- Low in sodium
- Good source of fiber
- Fat free

FOODS TO INCLUDE

- Cruciferous vegetables such as broccoli, kale, cauliflower, cabbage, and brussels sprouts
- Leafy greens (romaine, arugula, spinach, kale)
- Berries
- Fermented and probiotic-rich foods (yogurt, kefir, kombucha, kimchi)
- Extra Virgin Olive Oil
- Legumes
- Salmon
- Nuts and Seeds

AVOID OR LIMIT PROCESSED FOODS AND ADDED SUGARS

- Hot dogs
- Sausage
- Bacon
- Salami
- Convenience foods
- Regular Soda
- Sweet tea
- Lemonade
- Cookies, cakes, pies, donuts, pastries



SUMMARY

- Aim for at least 5 servings of fruits and vegetables daily.
- Reduce or eliminate processed foods.
- Avoid weight gain or aim for small weight loss of 5-10%.

FREE NUTRITION COUNSELING AVAILABLE TO SENIOR CENTER MEMBERS

What is it?

An individual session with a Registered Dietitian/Nutritionist who provides dietary advice tailored to your personal health concerns and food preferences.

How much does it cost?

It's free!

How long does it take?

Each session is approximately 1 hour. The Dietitian will ask questions about your current diet and health concerns, then provide suggestions for making healthy food choices.

Where does it take place?

Sessions are conducted by phone or Zoom meeting until the Senior Centers reopen.

FREE NUTRITION COUNSELING AVAILABLE TO SENIOR CENTER MEMBERS

What are the benefits?

- Can improve chronic conditions such as high blood pressure, heart disease, and diabetes.
- Can help with quality of life by improving energy and well-being.

Who can receive the service?

Any Senior Center member.

How can I schedule an appointment?

Contact: Laura Lienhard, RDN

Call or text **443-401-2194** or email **seniorcenterdietitian@gmail.com**



QUESTIONS?

Laura Lienhard, RDN

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