



Super Foods for Super Seniors



WHAT IS A “SUPERFOOD”?

While the word “Superfood” is not scientifically defined or regulated, there are many nutrient-dense foods that, if included in your diet, will help you to live a healthier lifestyle. **Superfoods are everyday foods which contain extra nutrient density and don’t provide excess calories, sugar, fat and preservatives.** Another name for Superfoods are **functional foods** because they provide an extra boost of nutrients. Being able to get all the various nutrients you need from foods that don’t provide excess calories, sugar, fat and preservatives can help you manage your weight and live a healthier life.

Aging can lead to a number of anatomical and physiological changes, along with a declining need for calories (a measure of energy) due to several factors, including:

DIGESTIVE ISSUES

Aging affects all functions of your gastrointestinal system, including motility, enzyme and hormone secretion, digestion and absorption, according to a 2019 study. The study cites an increase in the prevalence of constipation, particularly among elderly populations, due to decreased mobility, cognitive impairment, comorbid medical issues, medication use and dietary changes.

SARCOPENIA

Sarcopenia is age-related muscle mass loss. A review published in the journal *Aging Research Reviews* says two major factors contribute to muscle mass loss in aging individuals: atrophy and loss of muscle fibers. Researchers have also pointed to decreases in certain hormone levels as a possible contributor.

OSTEOPENIA & OSTEOPOROSIS

Two conditions in which the bones become brittle and more likely to fracture. A number of factors have been shown to impact bone mass loss as you age, including genetics, nutrition, lifestyle and comorbidities, as noted in a 2018 study. The study says that osteopenia, or bone mass loss, often progresses to osteoporosis, which is characterized by reduced bone mineral density and an increased rate of bone loss.

<https://health.usnews.com/wellness/food/slideshows/superfoods-for-older-adults>

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