

A large, round platter filled with a variety of fresh and prepared foods. The items include bread rolls, sliced fruits like apples and oranges, vegetables such as broccoli and carrots, a whole roasted chicken, and several eggs. The platter is set on a light-colored, textured surface.

Nutrition Guidance for Optimal Brain and Body Health

Heidi Robertson, MPH, RDN, LD

Founder & Consultant, Heritage Health

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CATHOLIC CHARITIES
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CIRCLE OF CARE FOR DEMENTIA



HERITAGE
HEALTH

NUTRITION • PUBLIC HEALTH

These caregiver workshops are made possible by the Elderly
Affairs Division of the City & County of Honolulu
through Federal Older Americans Act funding.

Agenda

- Welcome & Introductions
- General Nutrition
- Nutrition for Brain Health
- Holiday Tips
- Mealtimes with Dementia
- Q&A





What foods remind
you of your
childhood?

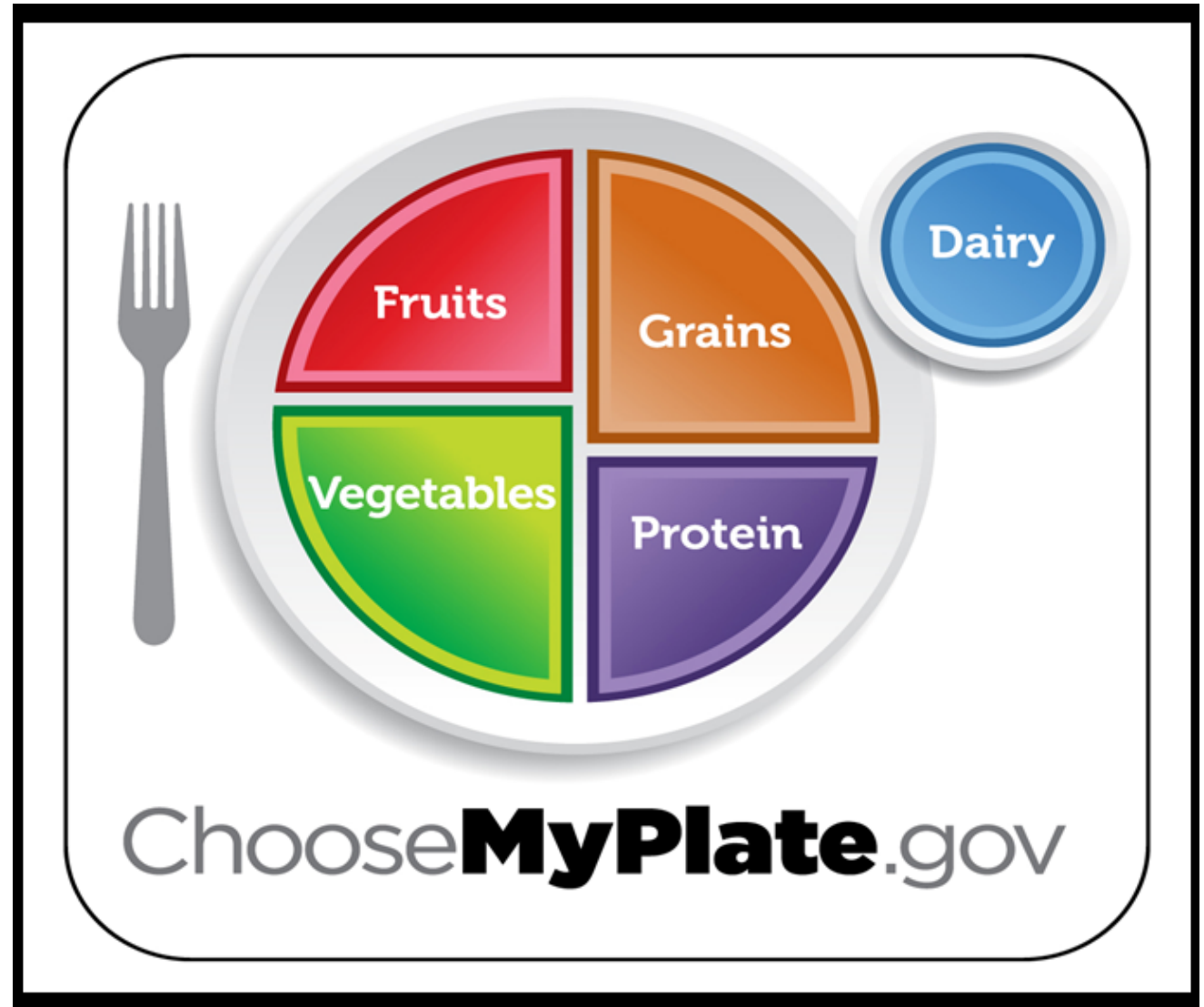
Put your answer in the chat!



General Nutrition

Dietary Guidelines for Americans

- Based on a 9-inch plate
- Make $\frac{1}{2}$ your grains whole grains
- Milk alternatives: yogurt, soymilk, fortified juice, bok choy, tofu



Portion Sizes

Fish



3 ounces



Smartphone

Cheese



1 ounce



2 dice

Nuts, seeds



1/4 cup



1 large egg

Dry cereal



1 cup



1 closed fist

Butter, oil



1 teaspoon



Tip of your thumb

Meat, poultry



3 ounces



Deck of cards

Peanut butter



2 tablespoons



Ping pong ball

Rice, pasta, mashed potatoes, beans



1/2 cup



Tennis ball

Baked potato



1 small



Computer mouse

Leafy greens



1 cup



Baseball

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Start with serving size – how does that compare to other foods? How much you eat?

Nutrients to Limit

- Saturated & Trans fats
- Sodium
- Added Sugars

Nutrients to Increase

- Fiber
- Protein
- Vitamins & Minerals

Daily Value

- 5% or less is low
- 20% or more is high
- Based on 2,000-calories
- Specific needs differ

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Food Labels Decoded

Low calories

≤ 40 calories/serving

Calorie free

< 5 calories/serving

Lite, light

1/3 fewer calories or
50% less fat

Lean

< 10 g fat, < 4 g
saturated fat, < 95 mg
cholesterol/serving

Extra lean

< 5 g fat, < 2 g
saturated fat, < 95 mg
cholesterol/serving

Low cholesterol

< 20 mgs
cholesterol/serving

Low sodium

≤ 140 mgs/serving

Very low sodium

≤ 35 mgs/serving

Sodium free

≤ 5 mgs/serving

Vitamin Supplementation



- Food patterns
- Lifestyle
- Medical Advice

Choosing the Right Supplement

- Can have too much of a good thing
 - Fat Soluble (A,D,E,K) vs. water-soluble vitamins
 - Look at the amount of vitamin (% Daily Value)
- Variability in vitamin content
 - Gummy vitamins more variable
- Choose a reputable brand





Nutrition for Brain & Body Health



Body Changes as We Age

- Lose muscle, gain fat
 - More efficient body processes, so need fewer calories
 - Shrink in height
 - Decrease heart & lung capacity, may not expand as well
 - Arteries may clog
 - Gastrointestinal tract changes
- Muscles weaken
 - Skeleton & bones weaken
 - Slower cognitive processes
 - Mental or behavioral health issues such as depression may occur more easily
 - Decline in senses (sight, hearing, taste, smell)
 - Lose sense of thirst

Risk Factors for Dementia

Modifiable Risk Factors

Education	Hearing loss	Traumatic brain injury	Hypertension	Alcohol	Obesity (BMI > 30)	Smoking
Depression	Social isolation	Physical inactivity	Diabetes	Air pollution	High LDL cholesterol	Untreated vision loss

Non-Modifiable Risk Factors

- Age
 - Risk doubles every 5 years after age 65
- Family history
- Sex
 - 2/3 are women

Modifiable risk factors account for nearly half of dementia.

Nutrition Recommendations for Various Chronic Conditions

- **Diabetes**

- Maintain/decrease calories
- Increase fruits/vegetables/low-fat dairy
- Maintain lean protein intake
- Manage carbohydrate intake
- Limit added sugar
- Limit sodium
- Limit saturated fat
- Increase physical activity

- **Hypertension**

- Decrease sodium
- Increase potassium
- Increase fruits, vegetables, low fat dairy
- Maintain lean protein intake
- Increase physical activity

- **Obesity/overweight**

- Maintain/decrease calories
- Increase fruits/vegetables/low fat dairy
- Maintain lean protein intake
- Limit added sugar
- Limit saturated fat
- Increase physical activity

- **Cardiovascular/heart disease**

- Calorie intake depends on weight status
- Increase fruits/vegetables/low fat dairy
- Maintain lean protein intake
- Limit added sugar
- Limit sodium
- Limit saturated fat
- Increase physical activity

Mediterranean Diet

- **Eat lots** of vegetables, fruits, whole grains, beans, legumes
- **Moderate amounts** low-fat or fat-free dairy, fish, poultry, nuts, non-tropical vegetable oils
- **Limit** sugars, sodium, ultra-processed foods, refined carbohydrates, saturated fats, processed meats

Dietary Approaches to Stop Hypertension (DASH) Diet

Eat Lots

- Fruits & vegetables
- Whole grains
- Fat-free or low-fat dairy products
- Lean meats like fish or poultry
- Nuts, seeds, dry beans, peas
- Vegetable oil












Limit These

- Sodium - *1,500-2,300 mg daily*
- Saturated fats
- Sweets
- Sugar-sweetened beverages
- High-fat dairy products

MIND Diet

What foods do you eat that incorporate these recommendations?

WHAT'S ON THE MIND DIET?

 AT LEAST THREE SERVINGS OF WHOLE GRAINS EACH DAY		
AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY 	 BERRIES AT LEAST TWICE A WEEK	
 AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY 		
 BEANS OR LEGUMES AT LEAST EVERY OTHER DAY	POULTRY AT LEAST TWICE A WEEK 	 FISH AT LEAST ONCE A WEEK
NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD 	 CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK	
PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK 		

Tips to Make it all Happen

- Cook more than just rice in your rice cooker Add vegetables, fish, meat, etc.
- Reduce sugar and salt in recipes:
 - Cut salt by up to 25% and sugar by a third
 - Serve food warm can help disguise reduced sugar
- Skim fat from soups, stews, and stocks
 - refrigerating them to remove the hardened fat from the surface
- Eat small, frequent meals throughout the day
- Meal prep, batch cook, freeze leftovers
- Incorporate changes slowly
 - What to add
- Do the best you can each day





Tips for Healthy, Happy, Holidays

Healthier Cooking Substitutions

Instead of

1. 1 egg
2. Oil or butter in muffins or quick breads
3. Butter on potatoes
4. High fat cheeses
5. Heavy cream
6. Sugar and salt
7. White flour

Try This

1. 2 egg whites
2. Applesauce or mashed bananas
3. Low-sodium, fat-free chicken or vegetable broth
4. Reduced-fat or low-fat cheeses
5. Evaporated skim milk or low-fat yogurt
6. Spices and herbs
7. Whole wheat flour

Healthier Dessert Options

- Desserts traditionally served at Christmas are high in fats and carbohydrates
- Instead of apple pie try apple crisp or baked apples
- Use fat-free evaporated milk in Pumpkin pie filling
- Try ginger snaps as a pie crust or go crust-free
- Holiday-shaped fruit, banana snowmen





Alzheimer's & Dementia

Holiday Tips:

- Holiday meals & decorations can be a connection to memories – encourage sharing among elders
- Keep decorations in room & around tables to a minimum to limit distractions
- High contrast between plate & food
- Verbalize what is on their plate
- Add condiments & toppings for the elder
- Serve with easy to eat pieces

Mealtimes with Dementia



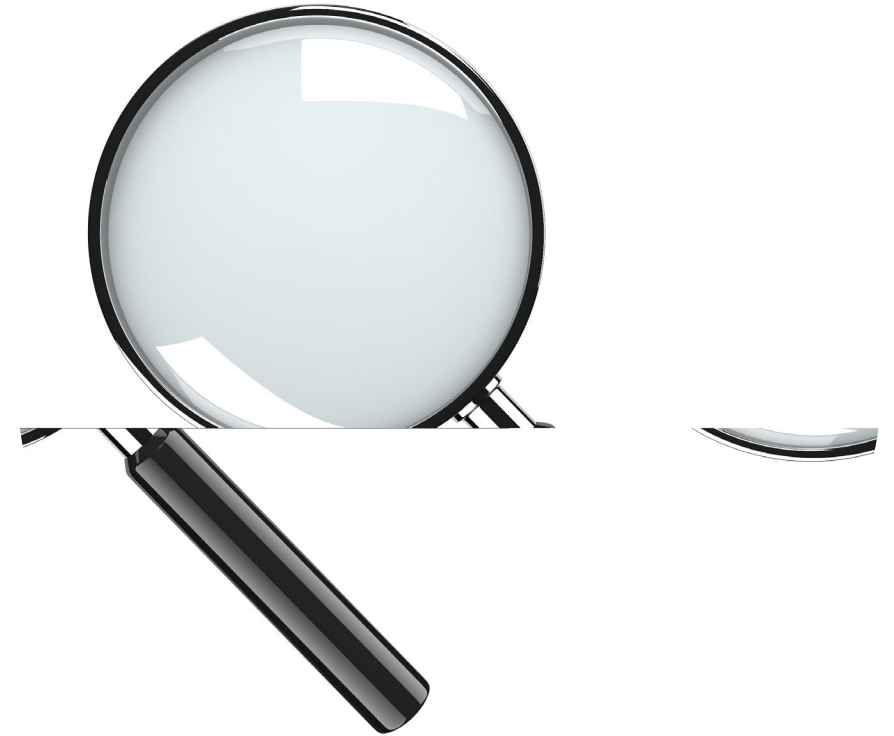
Observe

During the Meal

- Observe how others feed care recipient
 - Stay out of the mix
- Observe before the meal starts until last bite
- How much has been eaten during meal
- Look for pain
 - Facial grimacing, holding hand to mouth

Around the Home

- Take inventory of food items
 - Amount eaten since last visit
 - Expired & spoiled items
- Changes around the home



Factors that Affect Food Intake

- Digestive system
- Hormone imbalance
- Pain
- Chronic illness
- Constipation
- Sense of fullness
- Poor dentition
 - Dentures, missing teeth, pain, sores
- Dry mouth
- Decreased saliva
- Dysphasia/Difficulty swallowing
- Coughing, choking, teary eyes, runny nose
- Cognitive impairment/Mental changes
 - Identify food, utensils, and inedible items, remember if they've eaten, or how to eat



Factors that Reduce Fluid Intake

- Impaired sense of thirst
- Arthritis or other pain
- Concerns about incontinence



Hydration Tips

- Drink plenty of water. More in warmer temperatures.
 - Use fruit & herbs to flavor water
 - Offer foods with a high-water content
 - Soups
 - Cucumbers
 - Iceberg lettuce
 - Zucchini & summer squash
 - Tomatoes
 - Watermelon
 - Strawberries
- Limit beverages with added sugar
- Always available & offer all day long



Food Item Tips



Meats

Mix with a condiment
Make into a sandwich
Gravy over potatoes
or bread
Soup or stew
Cut up only as much
as essential



Pureed foods

Mashed potatoes
Hot cereal
Eggs
Cream soup of pureed
meat & veggies
Milkshake or
smoothies



Serve

Finger foods
Easy to eat pieces
Soup on mug



General Tips

Add condiments,
butter, fruit toppings
Offer 1-2 food items
at a time
Verbalize where food
is on a plate or place
hand on
beverage/plate

Meal Setting

- Dine in a quiet room without a lot of distractions
- Use dishes that are simple and plain
- Use adaptive dining aids
 - Plate with guard
 - Slant scoop dish
 - Partitioned plate
 - Plates & bowls with suction base
 - Non-skid placemat
 - Cups with lids
 - Adult bibs
 - Adaptive weighted silverware
- Make eating comfortable and casual



During the Meal



Small portions



Start with nutritious foods



Offer water throughout the meal



Tastes, smells, textures, & temperatures affect food acceptance



Allow time to eat

Take breaks if needed



Track acceptable foods, & meal times



Try multiple times



Encourage Eating

- Verbal cueing – reminding care recipient to eat
 - Would you like a drink?
 - How does the food taste?
- Place items within easy reach
- Physical guidance
- Hand over hand assistance
 - Doing the same motions as if they were feeding themselves
- Full assistance
- Gently stroke cheek or place food on lips
- Socialization encourages people to eat more
- Reduce distractions
 - Turn off TV
 - Turn music down
 - Cover up distracting marks on the table



Strategies for “Picky Eaters”

- Create a snack plan
 - Offer a variety of snacks 2-3 times daily
 - Make snacks accessible
- Add powdered protein and pureed vegetables to sneak more nutrition into foods
- Add powdered milk to milk, smoothies, soups, etc.
- Add homemade or low-sodium bone broth & vegetable stocks to soups, rice
- Consider a nutritional supplement
- The key is for the food to be accepted



Resources to Learn More

Recipes

- [USDA SNAP-Ed Recipes](#)
- [Diabetes Food Hub | American Diabetes Association](#)
- [Recipes | Hawaii 'Ulu Cooperative](#)

Nutrition Guidelines

- [Dietary Guidelines for Americans, 2020-2025 and Online Materials | Dietary Guidelines for Americans](#) Dietary Guidelines for Americans 2020-2025, revised every 5 years by HHS & USDA
- [Nutrient Recommendations and Databases \(nih.gov\)](#) Dietary Reference Intakes, developed periodically by the National Institute of Medicine
- [MyPlate | U.S. Department of Agriculture](#) Developed by USDA as a visual example for the Dietary Guidelines

Eating Patterns

- [DASH Eating Plan | NIH: National Heart, Lung, and Blood Institute](#)
- [What is the Mediterranean Diet | American Heart Association](#)
- [Brain Healthy Diet | Pacific Brain Health Center](#)

Community Resources

- [Supplemental Nutrition Assistance Program 1-855-643-1643](#)
- [Da Bux Double Up Food Bucks](#)

Mahalo! Any Questions?

Heidi Robertson, MPH, RDN, LD
Founder & Consultant, Heritage
Health

Heidi@HeritageHealthHI.com

www.HeritageHealthHI.com

