



## A Short Note on the Relationship between a Healthy Diet and Ageing

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### Short Communication

Growing older is a natural process. Genetics, environment, and way of life are just a few of the many factors that affect how we age. We can influence some of these factors, but not all of them. It's crucial to concentrate on the things we can manage if we want to age better [1]. The ageing process is influenced by lifestyle decisions that we make, such as how much we exercise, what we eat, and whether we use smoke or alcohol. Regular exercise and a good eating regimen can increase energy, aid in weight management, lower the chance of developing chronic diseases, or help manage existing conditions. In this post, we'll talk about how diet affects ageing and offer advice on how to eat sensibly for optimal health [2].

A person choose to maintain a healthy eating habit throughout their life and as an older adult (65+), ageing can be a pleasant process. Even if a person's health is a product of their lifetime decisions, the choices they make today still have an effect. Healthy eating habits have been linked to increased nutritional status, quality of life, and mortality in older persons, according to research. If your daily calorie and nutritional requirements are met, you're following a healthy eating pattern.

While it might appear easy to consume the recommended amount of calories and nutrients each day, this might become more challenging as people become older. Age-related physiological changes can alter calorie and nutritional requirements. Age-related changes in calorie and nutrient requirements for older persons include:

- A loss of taste.
- Problems swallowing and chewing.
- A newly discovered medical ailment that necessitates dietary modification.
- A new drug might obstruct nutrient absorption and digestion.

The fact that an individual's daily caloric demand decreases as they age is another aspect that has an impact on an older adult's capacity to achieve their nutritional needs. Older persons may find it challenging to maintain an eating pattern that satisfies their nutrient needs without going over their calorie needs because they have a reduced caloric demand. Eating more nutrient-dense foods and fewer energy-dense foods is one strategy to design an eating schedule that enables older persons to achieve their nutrient needs without going over their calorie needs [3,4].

Foods that are higher in nutrients and lower in calories are said to be nutrient dense. Vegetables, fruits, whole grains, legumes, nuts and seeds, low-fat dairy products, and lean protein sources are some examples of nutrient-dense foods. These nutrient-dense foods are excellent options for older folks to incorporate into a balanced eating pattern.

Foods that are high in energy have fewer nutrients and more calories. Baked goods (cookies, cake, etc.), ice cream, sugar-sweetened beverages, candy, chips, etc. are a few examples of foods that are high in energy. Energy-dense meals can be included in a healthy eating plan

but should be consumed in moderation. Energy-dense foods do not need to be demonised or eliminated from a person's diet. Finding a balance between foods that are high in nutrients and those that are high in energy is crucial.

Planning nutrient-dense meals and snacks is a fantastic strategy to strike a balance between consuming nutrient-dense foods and foods high in energy. Nutrient-dense foods can be added in a variety of ways to meals and snacks. Here are three pointers to help you with this

Every meal and snack should include a vegetable and fruit. These foods have more nutrients and fewer calories. Fruits and vegetables are available in fresh, frozen, or tinned forms. Select the reduced sodium alternatives when purchasing canned vegetables. When purchasing canned fruit consider the varieties that are packed in juice rather than syrup.

Select alternatives with lean protein. The caloric and saturated fat content of lean protein choices is lower. Pork, chicken, and fish are a few examples of lean proteins [5].

Whole grains should make up half of your diet. Compared to processed grains, whole grains have more nutrients but may not necessarily have fewer calories. Whole grains are a fantastic source of several nutrients, including fibre. Whole wheat pasta, brown rice, oatmeal, quinoa and other whole grain foods are some excellent examples.

As long as people choose a lifestyle that contributes to the prevention or effective management of chronic diseases, older adulthood can be healthy, pleasurable and productive. By making the decision to follow a healthy diet plan, older folks can maximise their health. Daily meals and snacks that are high in nutrients make up a healthy eating routine. Nutrient-rich meals and snacks can help people consume fewer calories while consuming more vitamins and minerals daily. Following this pattern will enable older folks to take control of their ageing process and make the most of their golden years.

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None

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