



Your Time at the Table: Nutrition as We Age

In order for our bodies to move, to heal, to function, we need food. Nutrition looks different for each of us, based on metabolism and preferences. However, no matter how you eat, one thing is certain – our bodies use food differently as we age. Whether you are wondering why Mom is losing so much weight, or whether you are curious why you no longer enjoy your favorite foods, we have a few things that might change the way you think of nutrition over the age of 65.



Tastes Change

Is your favorite recipe now tasting a little bland? Catching yourself adding extra salt while cooking? You aren't alone. As we age, our senses lose a little edge. Our senses of smell and taste diminish, which means that our food no longer tastes quite as flavorful. Instead of piling on the salt, try using more herbs to season your food while cooking, or before eating. And watch that sweet tooth. Even with a decreased sense of taste, we retain our ability to taste sweets. If you are prone to issues like weight gain or diabetes, take extra care to combat those

sugar cravings with something healthier – try fruits or sweet tasting veggies. However, that sweet tooth can come in handy for seniors who are at risk for weight loss. Sweeten up food to enhance their dining experience and increase caloric intake.

Slow Burn

You may have noticed that your metabolism isn't quite what it used to be. In fact, you probably noticed this fact years ago, as our metabolism slows every year after the age of 40. Gone are the days when you can eat an extra brownie without your jeans fitting a bit tighter around the waist. As we age, our metabolism grinds to an even slower pace, which can mean that seniors can gain more weight than is healthy. Add a slow metabolism to a slightly slower pace of activity, and the pounds can add up quickly. If you are worried about a rapid or unwanted weight gain, talk to your doctor or a nutritionist about setting up a plan that works best with your body.

Dining Alone

In addition to other nutritional obstacles, like medications and slowing digestion, seniors are



more likely to overeat, or under eat, due to social isolation and loneliness. Seniors are bound to feel lonely without meaningful friendships and connections, and these feelings can lead to depression. If depressed, or even just lonely and sad, seniors can overeat or not eat enough, spending too much, or too little, time at the table.

One of the biggest signs of mom or dad needing extra help is weight fluctuation. Luckily, our caring staff at [Visiting Angels Wayzata](#) can assist with nutritional needs from meal preparation to companionship. We would love the chance to meet your loved one at the table.

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