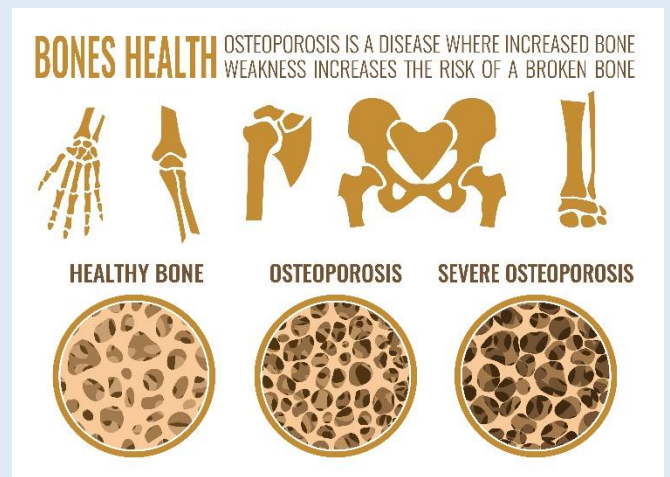


Osteoporosis & Nutrition for older persons

Women comprise the majority of the older population in virtually all countries, largely because globally women live longer than men. This pattern involves its own special nutritional needs, emphases and patterns of malnutrition, including for example the incidence of osteoporosis in older women.

Osteoporosis and associated fractures are a major cause of illness, disability and death, and are a huge medical expense. It is estimated that the annual number of hip fractures worldwide will rise from 1.7 million in 1990 to around 6.3 million by 2050. Women suffer 80% of hip fractures; their lifetime risk for osteoporotic fractures is at least 30%, and probably closer to 40%. In contrast, the risk is only 13% for men.

Women are at greater risk because their bone loss accelerates after menopause. Prevention is possible with hormone therapy at menopause. Lifestyle factors – especially diet, but also physical activity and smoking – are also associated with osteoporosis, which opens the way for primary prevention. The main aim is to prevent fractures; this can be achieved by increasing bone mass at maturity, by preventing subsequent bone loss, or by restoring bone mineral. Particularly important are adequate calcium intake and physical activity.





These factors, whether they appear by themselves or in combination, can make staying nourished trickier than it may seem. Small changes to what or how you eat may result in big returns in terms of your health.

What does a healthy diet mean?

Following these recommendations and making healthy food choices promotes health and wellbeing, with benefits such as:

- Feeling better, mentally and physically.
- Having more energy for daily activities.
- Being more resistance to infection.
- Maintaining a healthy weight.
- Improved quality of life
- A reduced risk of developing certain health conditions.

The information on the following pages, based on the Australian Dietary Guidelines

(www.eatforhealth.gov.au), shows the **5 core food groups & the number of their servings** you should aim for every day to maintain your health.

The goal of these recommendations is to achieve a healthy & nourishing diet – providing enough energy & nutrients to meet your requirements. We also provide a **sample menu plan** to cover these food groups.



Resources:






<http://www.who.int/nutrition/topics/ageing/en/>

<https://www.dva.gov.au/sites/default/files/files/health%20and%20wellbeing/vhw/2018/healthy-eating.pdf>

OSCAR
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Need help with any dietary advice?

Please call or email OSCAR Hospitality Dietitians via our contact details below.

What is needed per day		Men		Women	
		51 - 70	70 +	51 - 70	70 +
Grain (cereal) foods		6	4½	4	3
Vegetables		5½	5	5	5
Fruit		2	2	2	2
Lean meats and poultry, fish, eggs, tofu, nuts & seeds, and legumes/beans		2½	2½	2	2
Milk, yoghurt, cheese and/or alternatives		2½	3½	4	4

Dietary Recommendations for Older Adults (adapted from the Australian Dietary Guidelines)

Sample Menu Plan

Breakfast

Boiled or poached eggs on wholegrain toast



Mid-morning snack

Crackers with cheese and tomato slices, and a small banana



Main meal

Meat, chicken or fish, assorted vegetables and mashed potato



Afternoon snack

A glass of milk & piece of fruit



Light meal

Baked beans on toast, with a small garden salad



Supper

Tub of unsweetened yoghurt and some berries

