

Importance of Nutrition As We Age

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What is healthy eating?



What changes nutritional needs as we age?



Nutrients of focus

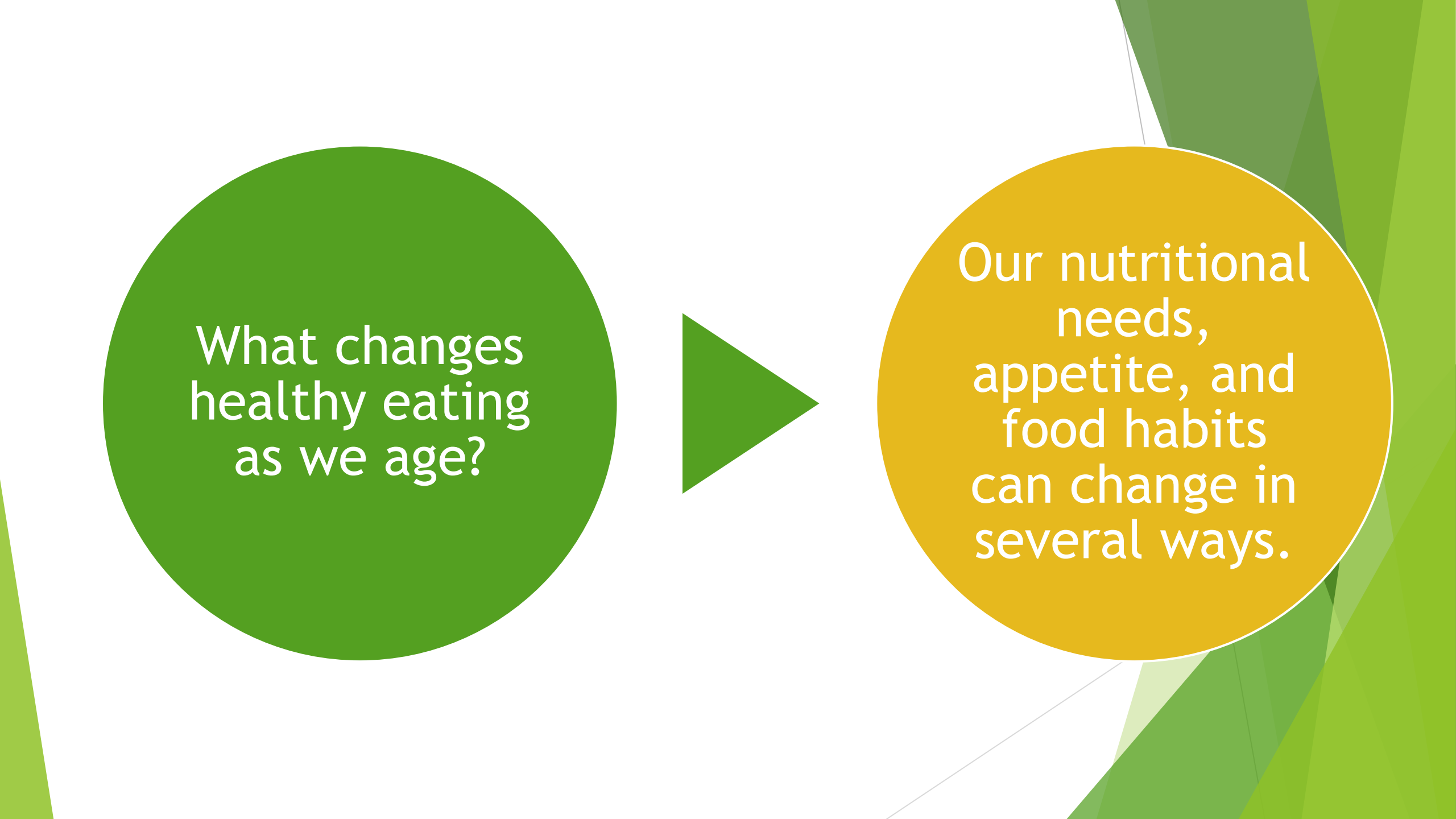
Healthy Eating is..

Having a
positive
relationship
with food

Enjoying a
variety of
balanced
food choices

Meeting
your needs
for nutrients
and energy

Contributing
to your best
possible
health



What changes
healthy eating
as we age?

Our nutritional
needs,
appetite, and
food habits
can change in
several ways.



Nutrients of Focus



Protein

An essential part of your diet - enzymes, hormones and immune system fighters all made from protein

A building block to build, maintain, and repair your body cells

Keeps muscles strong and your hair, nails, and skin healthy

Helps you heal if you are ill or have had surgery

Source of Protein



MEAT, POULTRY,
SEAFOOD, EGGS



NUTS, SEEDS



LEGUME, PEAS,
BEANS, LENTILS,
AND TOFU



CHEESE, MILK,
YOGURT

Protein requirements: 1.0 gram protein/kg body weight

**is individual - some need more, some need less

Talk to a Registered Dietitian - individualized recommendations that take into consideration your personal health conditions, current situation and life goals.



Natural
substance
found in
plants

Keeps your
digestive
system
regular
and
working
well

Helps lower
cholesterol,
control
blood sugar
and blood
pressure.

Keeps you
full and
satisfied
for longer

Fiber

Sources of Fibre



WHOLE
GRAINS,
WHEAT, OATS,
BARLEY,
QUINOA,
BROWN RICE,
POPCORN



BREADS, BAKED
GOODS, AND
PASTAS; CHECK
FOR MADE WITH
“WHOLE GRAINS”
LABEL.



FRUITS AND
VEGETABLES



LEGUMES
PEAS, BEANS,
AND LENTILS



NUTS AND
SEEDS

Fiber requirements:

Men age 51 and over - 30 grams/day

Women age 51 and over - 21 grams/day

No upper limit for fiber

2 types of fiber -

Soluble: helps lower cholesterol and control blood sugar levels. You get this type of fiber from oats, barley, psyllium, oranges dried beans and lentils

Insoluble: helps promote regularity and a healthy digestive system. You get this type of fiber from wheat bran, whole grains and some vegetables

CAUTION: If you want to increase the fiber in your diet, best to go slowly and drink more fluids

Calcium and Vitamin D

Calcium is needed for our heart, muscles, and nerves to function properly and for blood to clot.

Is main building block of bone and teeth

If you do not eat enough calcium-rich foods, speak to your health care provider about supplements.

Vitamin D is needed to absorb calcium. It is also needed for our muscles, nerves and immune system to work properly

It is recommended everyone over the age of 50 should take a daily Vitamin D supplement of 400 IU.

Vitamin B12

Helps make
red blood
cells and
keep nerve
tissue
healthy

We absorb
less Vitamin
B12 from
food as we
get older or
take certain
medications

Only found
in animal
foods or
fortified
foods

What if you are not sure if
you are meeting your
nutrition needs?

- ▶ www.Unlockfood.ca browse by topic
- ▶ www.wrha.mb.ca/nutrition
- ▶ Self referral to a Registered Dietitian - all communities in IERHA have a Dietitian to access free of charge