



Tips for **Healthy Ageing: Healthy Lifestyles**

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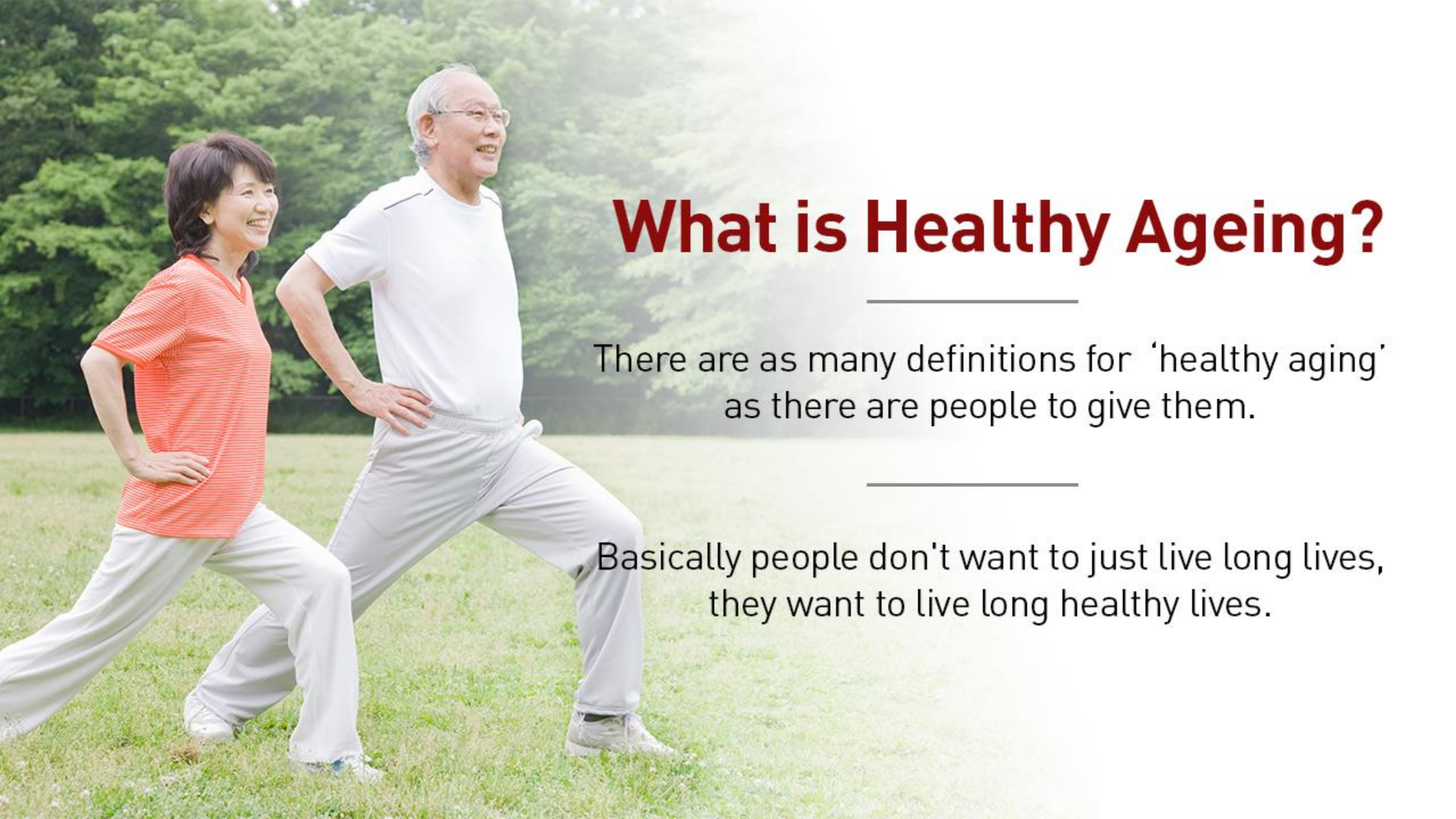
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**Ageing happens right before our eyes...
Is she... or isn't she...?**



What is Healthy Ageing?

There are as many definitions for 'healthy aging' as there are people to give them.

Basically people don't want to just live long lives, they want to live long healthy lives.

Centenarians



Oldest woman in Malaysia dies at 121

ALOR SETAR: The oldest woman in Malaysia and possibly the world, Puan Ahmad, aged 121, died in her grand daughter's house in Kampung Bendahara, Kodiang on Friday (April 28), 2017.

She had four children aged between 65 and 90, 19 grand children, 70 great-grand children as well as one great-great grand child.

Tip 1: Healthy Eating

Proper nutrition and healthy eating will:

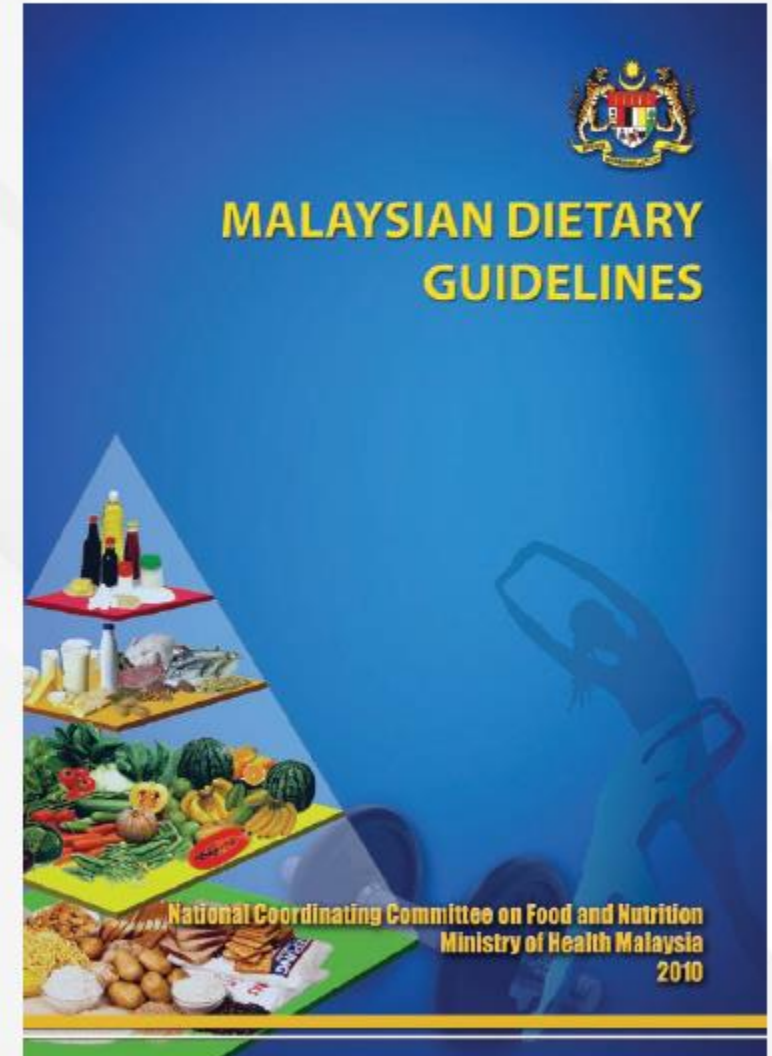
- Delay the disease process.
- Make it easier to manage existing diseases or health conditions.
- Improve mental, physical and social well-being.
- Reduce the frequency and length of hospitalisation.



Planning a healthy diet for the elderly

Malaysian Dietary Guidelines 2010

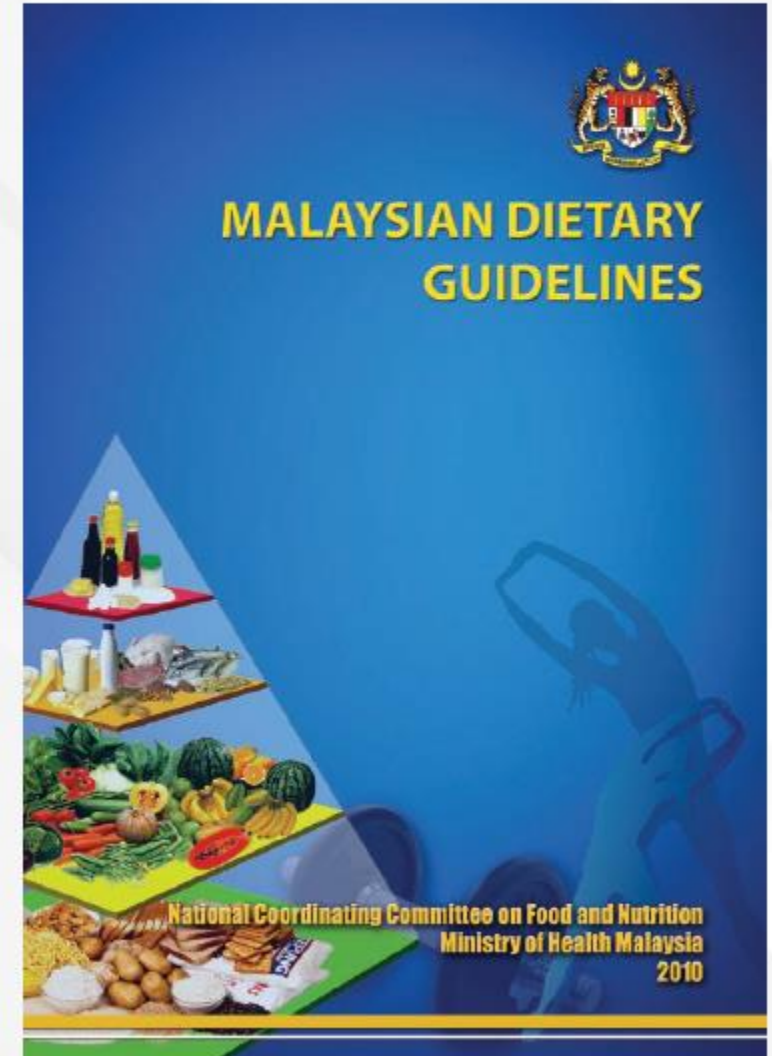
1. Eat a variety of foods within your recommended intake.
2. Maintain body weight in a healthy range.
3. Be physically active everyday.
4. Eat adequate amounts of rice and other cereal products (preferably whole grain) and tubers.
5. Eat plenty of fruits and vegetables every day.
6. Consume moderate amounts of fish, meat, poultry, egg, legumes and nuts.
7. Consume adequate amounts of milk and milk products.



Planning a healthy diet for the elderly

Malaysian Dietary Guidelines 2010

8. Limit intake of food high in fats and minimise fats and oils in food preparation.
9. Choose and prepare food with less salt and sauces.
10. Consume food and beverages low in sugar.
11. Drink plenty of water daily.
12. Consume safe and clean food and beverages.
13. Make effective use of nutrition information and food labels.



Modified Food Guide Pyramid For Older Adults

Fat, oil, sugar and salt

Eat less

Milk and milk products

1-3 servings per day

Fish, poultry, meat, and legumes

1/2 - 2 servings of poultry, meat and egg per day

1 serving of fish per day

1/2 - 1 serving of legumes per day

Eat in moderation

Vegetables

3 servings of vegetables per day

Eat plenty

Fruits

2 servings of fruit per day

Eat plenty

Rice, noodle, bread, cereals, cereal products and tubers

4 - 8 servings per day

Eat adequately

- For those 70 years and above, it is recommended that they use the modified food pyramid.

- The **fluid or water** requirement is at the base of the pyramid.

- The **base is much narrower** –reflecting a reduction in energy needs.

- Emphasises **food with high nutrient density**.

- Choice of **dark coloured fruits and vegetables**.

- Choice of **low fat milk**.

- May require certain nutrient **supplementation- Calcium, Vitamin D and B12**.

Fluid





Tip 2: Exercise

There are four types of exercise programmes appropriate for the elderly:

1. **Aerobic or endurance** activities to increase cardiovascular function.
2. **Strength or resistance** training to increase strength.
3. **Balance** exercise for prevention of falls.
4. **Flexibility training** to stretching to increase movement of joints.

Conclusion

Adopting a healthy lifestyle can help steer you in the right path to ageing healthily.

Health should be viewed as a long-term investment.

Thank You

