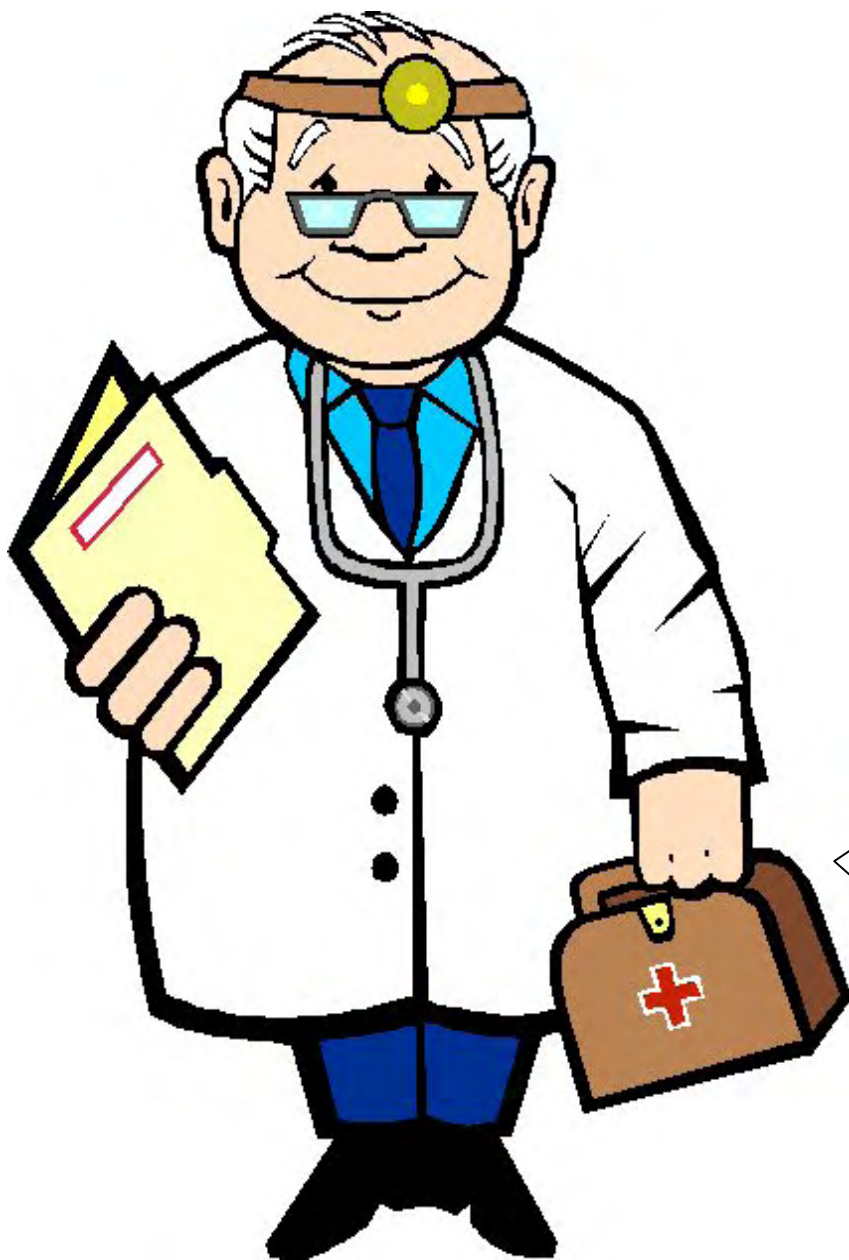


Comparing the
Original Food
Pyramid to the
Modified
Food Pyramid for
adults 70 and older!

Krystal Roach
Denise Bordeman
Chih-Ling Liou
Huang Chen

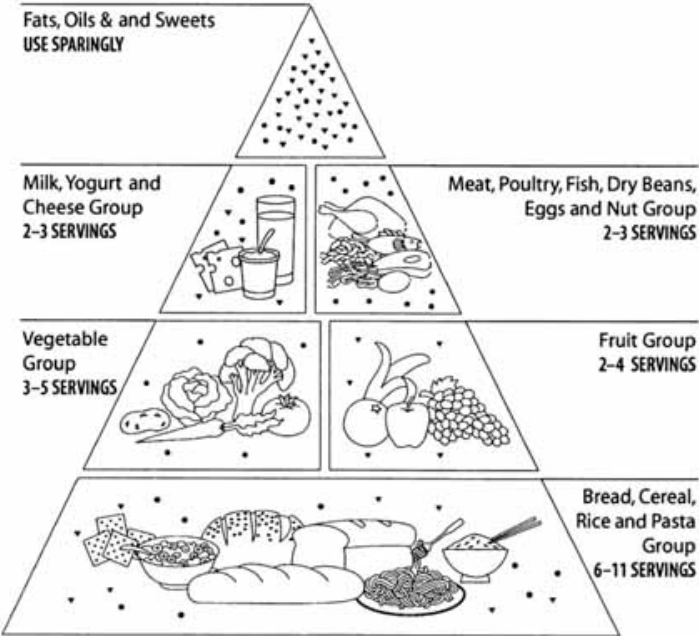
Hi there! Are you over 70 and still follow that Original Food Pyramid???

Well, there is actually a food pyramid out there just for older adults like you and me!!!



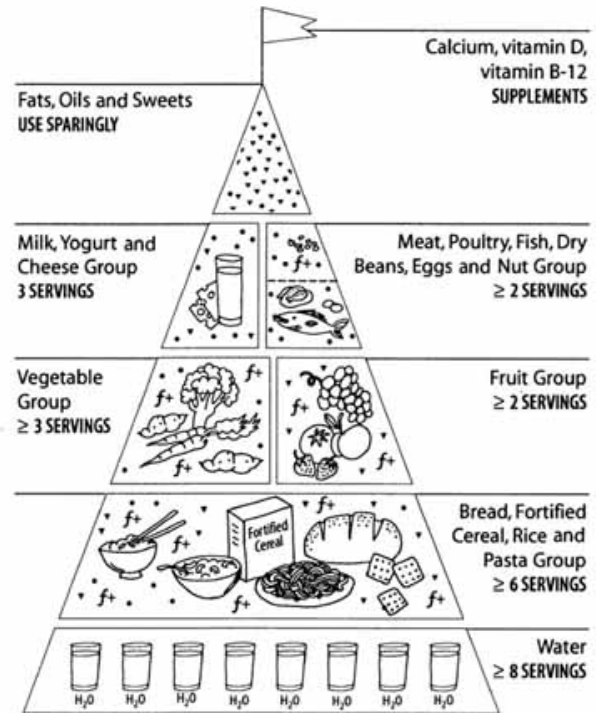
Let's travel around the world to get the scoop on the Food Pyramid for Older Adults...

Original Food Guide Pyramid

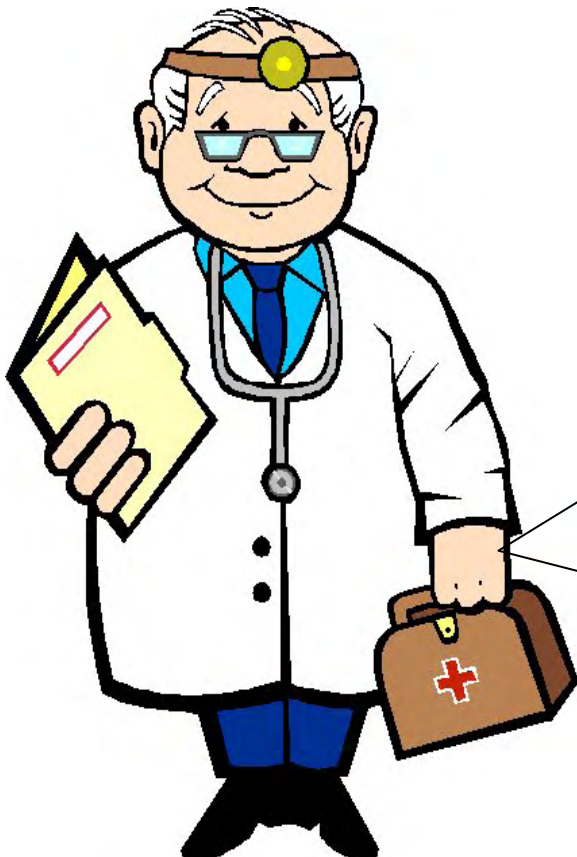


- Fat (naturally occurring and added)
 - ▼ Sugars (added)
- These symbols show fat and added sugars in foods.

Modified Food Pyramid for 70+ Adults



- Fat (naturally occurring and added)
 - ▼ Sugars (added)
 - f+ Fiber (should be present)
- These symbols show fat, added sugars and fiber in foods.



...but first let me pause so that I can grab the Original and the Modified Food Pyramids to take along with us and compare...

Okay, let's see..who can name one difference between the Original Food Pyramid and the Modified one?



Hey, I know one change! The Modified Food Pyramid suggests that older adults drink more water...

...6-8 glasses a day in fact!!!

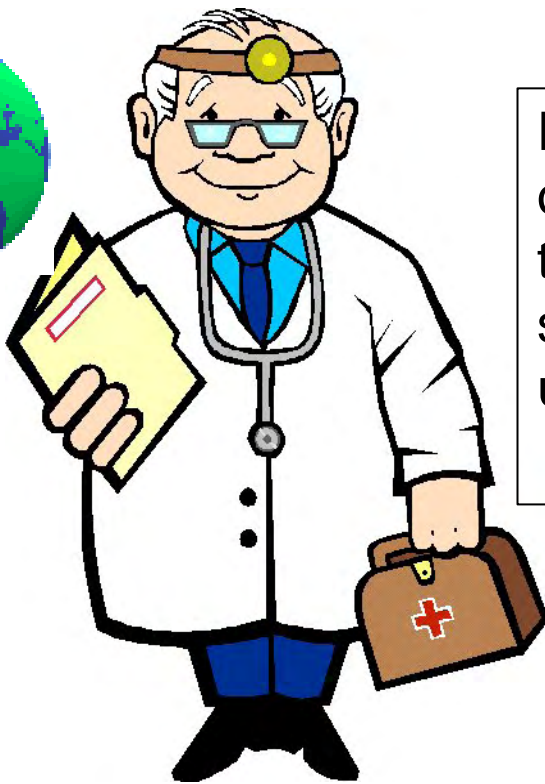


That's great!
Now let's take a
look at just
exactly why
water is so
important!!!



Well, I can name a few
points! Water...

- * Carries nutrients and oxygen to cells
- * Helps convert food into energy
- * Aids digestion and absorption of food
- * Helps fat metabolize
- * Serves as an appetite suppressant
- * Protects organs
- * Lubricates joints
- * Regulates body temperature and blood circulation
- * Prevents bloating and removes toxins and waste!!!

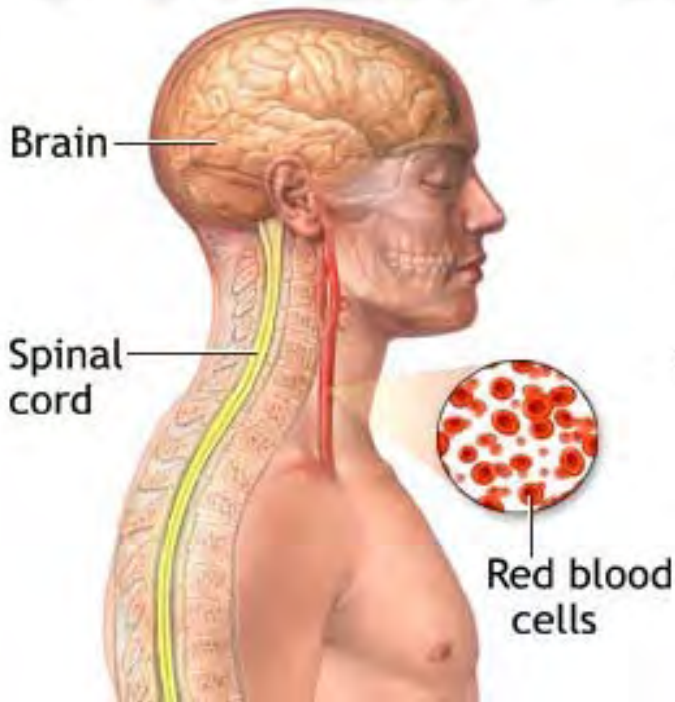


Fantastic! Moving on to our next destination on the globe! Let's find someone else can help us!

Well Doc, I believe there is an added flag representing the need for calcium, Vitamin D, and Vitamin B₁₂ supplements...Now, I know that calcium helps build stronger bones, but what about the vitamins?



Vitamin B₁₂

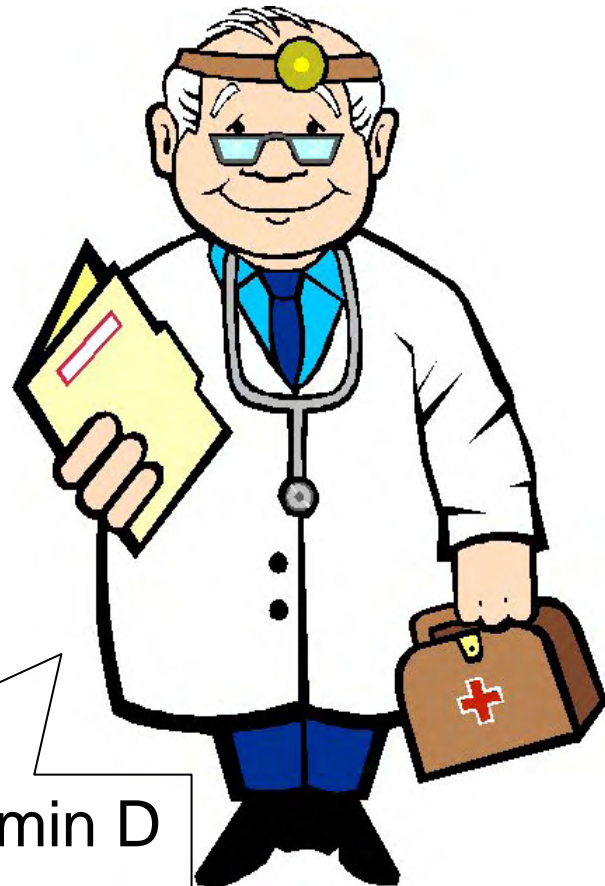


Vitamin B₁₂ is important for metabolism, the formation of red blood cells, and the maintenance of the central nervous system, which includes the brain and spinal cord

ADAM.

Well, first let's look at B₁₂. A deficiency in B₁₂ can cause insomnia, irritability, lassitude, and disturbed memory and concentration. A main source of this vitamin is red meat...

...and now for a little Vitamin D review...



Vitamin D



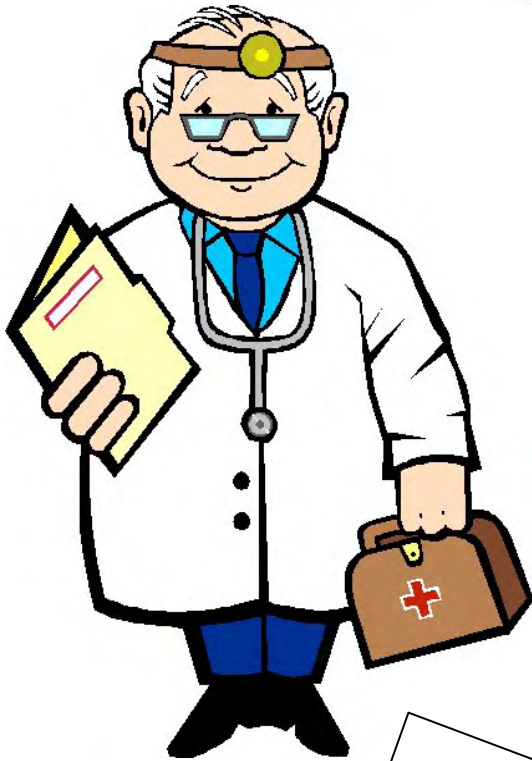
The body itself makes vitamin D when it is exposed to the sun

Cheese, butter, margarine, fortified milk, fish and fortified cereals are food sources of vitamin D



ADAM.

Preliminary evidence has also shown African American women to be at higher risk of Vitamin D deficiency. The Modified Pyramid suggest supplements for these vitamins, but be sure to talk to your physician first to ensure this is the right for you.

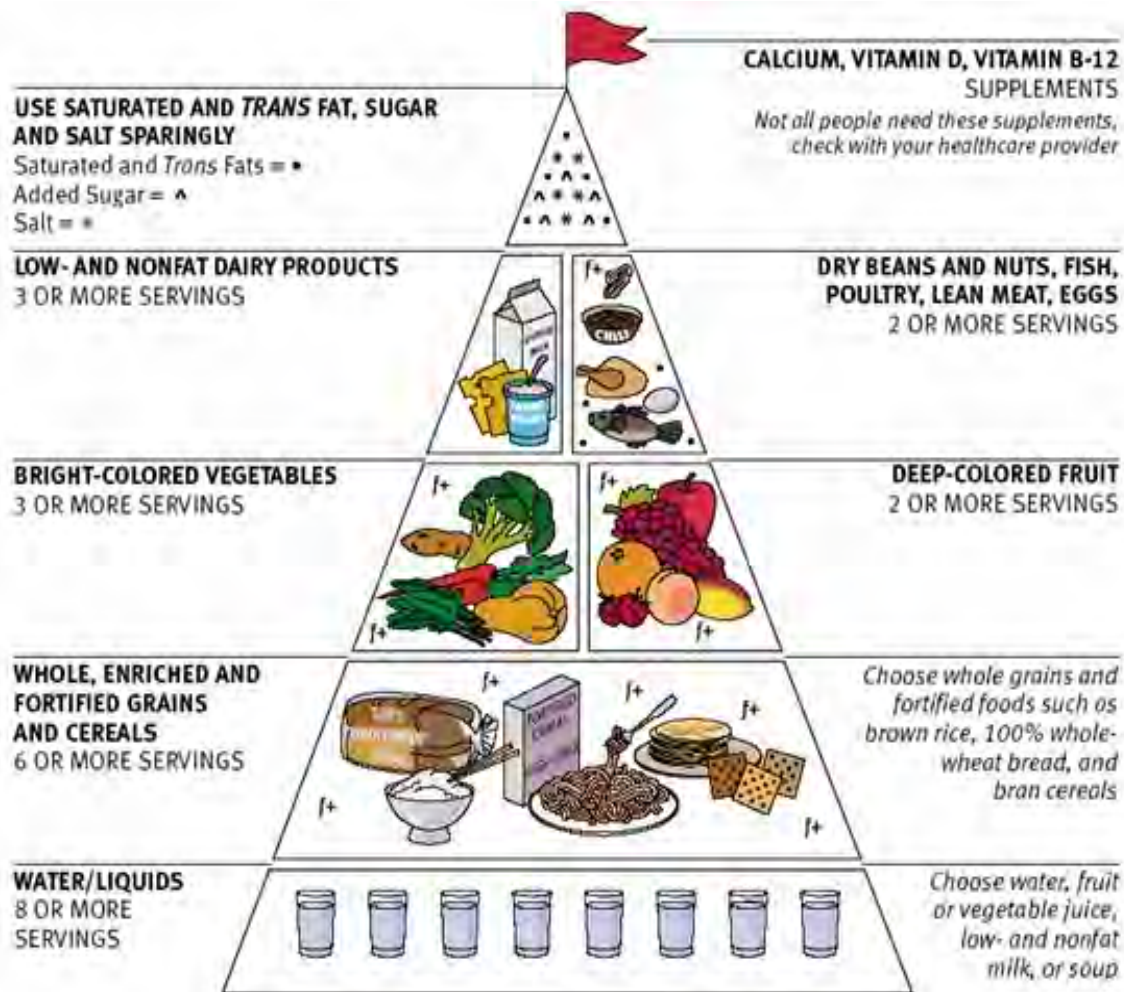


Vitamin D is essential for maintenance of bone density and calcium metabolism. A deficiency in this vitamin is associated with bone loss and fracture.



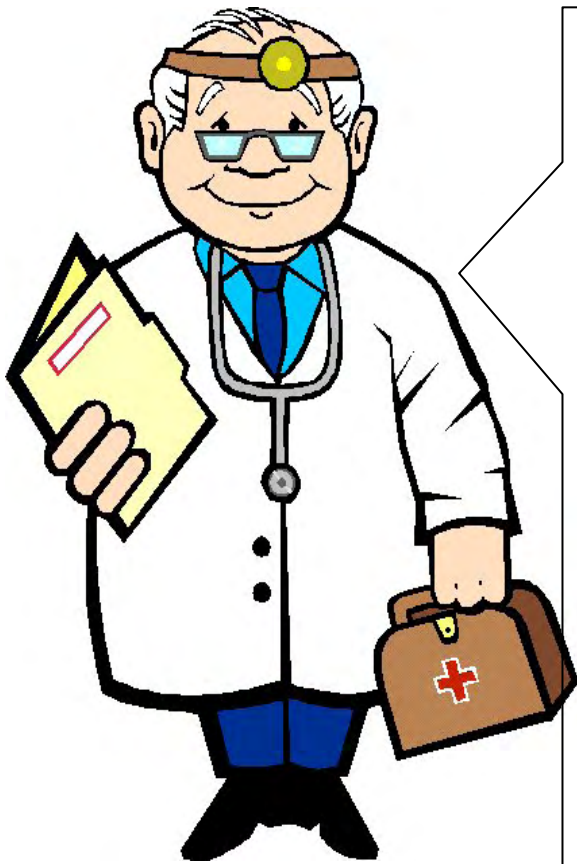
FOTOFLEX

Wait.... I see a more colorful and detailed Modified Pyramid....let me show you. Yes, it seems as though the Food Pyramid for Older Adults emphasizes the need for deep and brightly colored fruits and vegetables. This is because they contain tons of antioxidants, and can even help reduce the risk of developing certain forms of arthritis.



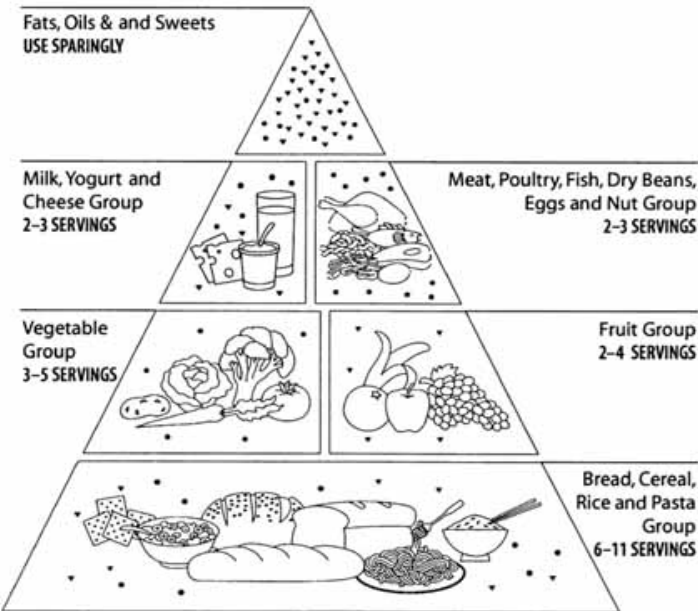
f+ High-fiber choices

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Awesome! Now, let's review! Older adults need to focus on drinking at least 6-8 glasses of water per day, contact their physician about vitamin supplements, and make sure to eat those vibrant colored fruits and vegetables! And one other thing! Although it is not listed on the Modified Food Pyramid, adults 70 or older still need to remember to exercise and incorporate some movement into their lives! Happy Eating!

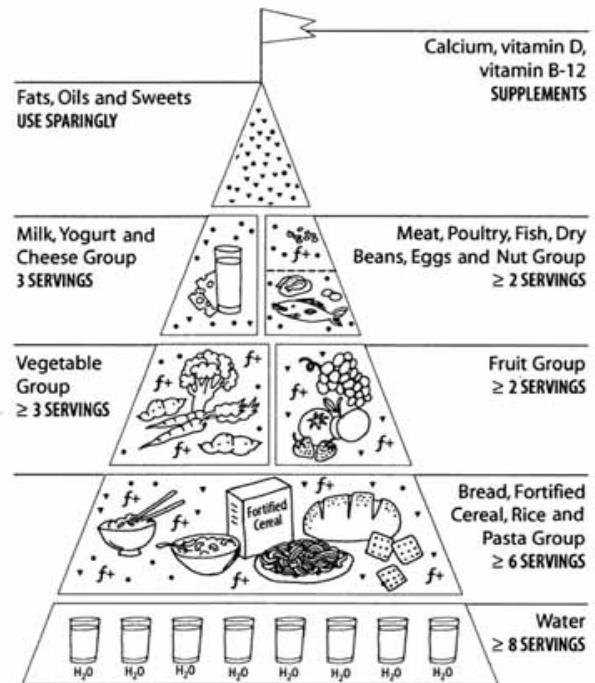
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