



Keys to Living & Aging Well:

Nutrition

Eating Well to Live Well

July 27, 2022
Webinar

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Nutrition



Our panelists

Natalie Barnett, MS, RD, LDN, YMCA of Middle TN

Amanda Myers, PhD, LMFT, Ascension Saint Thomas

Audrey Hall, Retired Nurse & AgeWell volunteer

Natalie Barnett, MS, RD, LDN

*Registered Dietitian
YMCA of Middle TN*

B.S. in Nutrition; M.S. in Clinical Nutrition
Registered by Commission on Dietetic Registration
Licensed in Tennessee

Long-term care 2 years
YMCA since February 2020

Topics of Discussion

MIND diet

- Overview
- Foods to eat and limit
- Nutrients and brain health
- Comparison to Mediterranean and DASH Diets

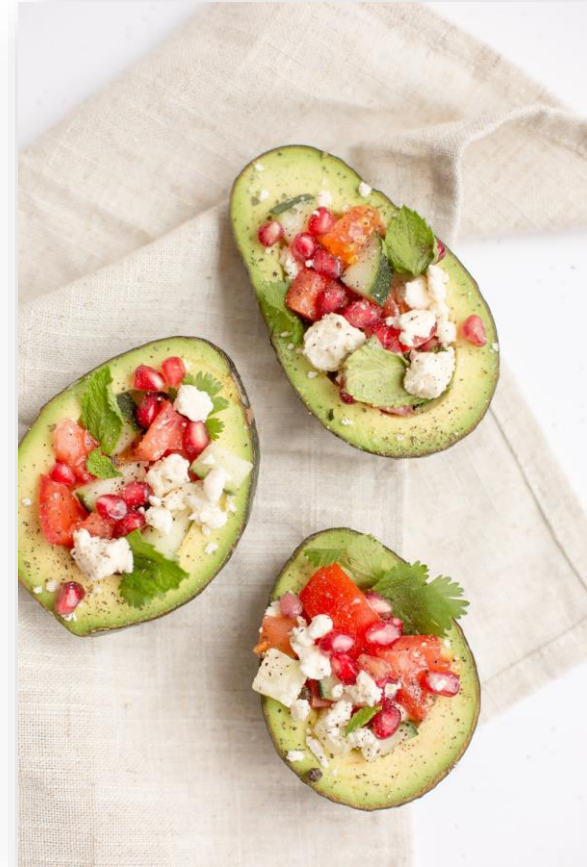
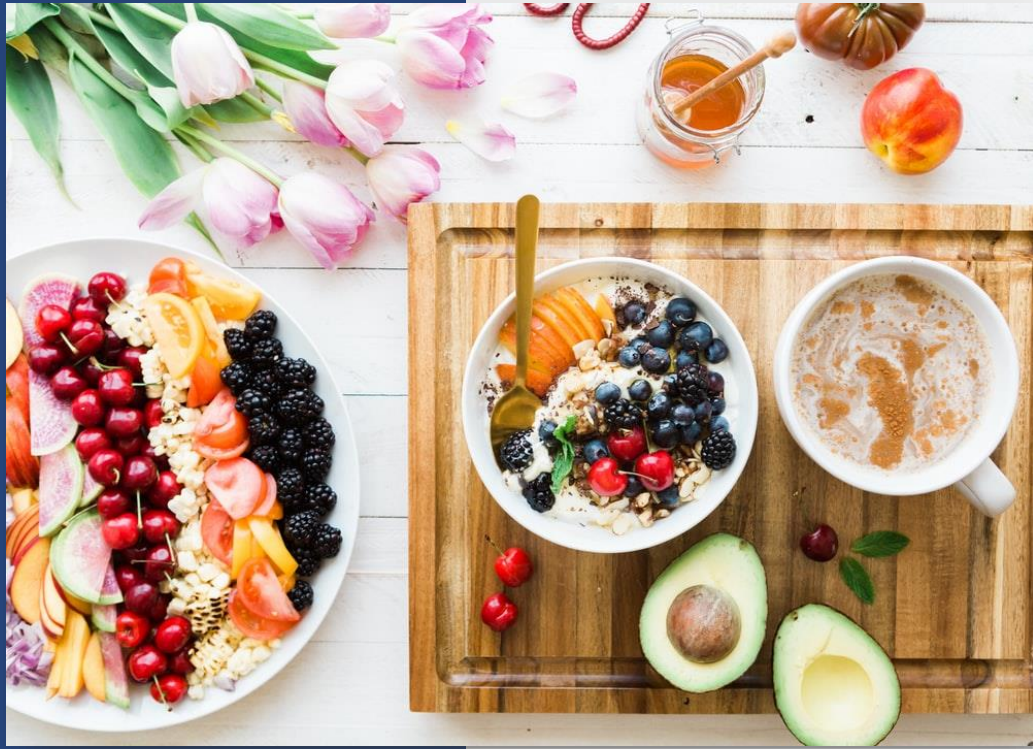
Macronutrients

- Overview
- How nutrient needs change as we age
- Nutrients of concern

Supplements

- How to choose wisely
 - Third-party verification





The MIND Diet

MIND Diet – What is it?

Research shows¹
that following the
MIND Diet even
moderately is
linked to a lower
risk of
Alzheimer's
disease.



“**M**editerranean-DASH **I**ntervention for
Neurodegenerative **D**elay”

Martha Clare Morris

Created to help **slow brain aging** and **prevent dementia and cognitive decline** as we age

No set guidelines – just eat more of the
foods it emphasizes and less of the foods
it recommends to limit

10 Foods to Eat



Green leafy vegetables – six or more svgs/week^{1,2}

- Folate, vitamin E, carotenoids, and flavonoids

All other vegetables – at least once daily^{1,2}

- Non-starchy = more nutrients and fiber

Berries – at least twice a week^{1,2}

- Flavonoids

Nuts – five or more svgs/week^{1,2}

- Dry-roasted, raw, unsalted or low sodium
- Vitamin E

Olive oil – main cooking oil^{1,2}

- EVOO, opaque or dark glass bottles

10 Foods to Eat

Whole grains – at least three svgs/day

- Oatmeal, quinoa, brown rice, whole-wheat bread and pasta

Fish – at least once a week

- Fatty fish – salmon, tuna, herring, trout, mackerel, sardines
- Omega-3 fatty acids

Beans – at least four svgs/week

- All beans, lentils, and soybeans

Poultry – at least twice a week

- Turkey, chicken, duck

Wine – no more than one glass daily

- Red or white, but **resveratrol** in red may help prevent Alzheimer's¹



5 Foods to Limit



These all contain *saturated and trans fats*, the *unhealthier types of fats*.

Butter and margarine – less than one tbsp/day

- Try dipping bread in oil with herbs

Cheese – less than once per week

Red meat – no more than three servings/week

- Beef, pork, lamb, veal

Fried food – less than once per week

- Fast foods

Pastries and sweets – no more than four servings/week

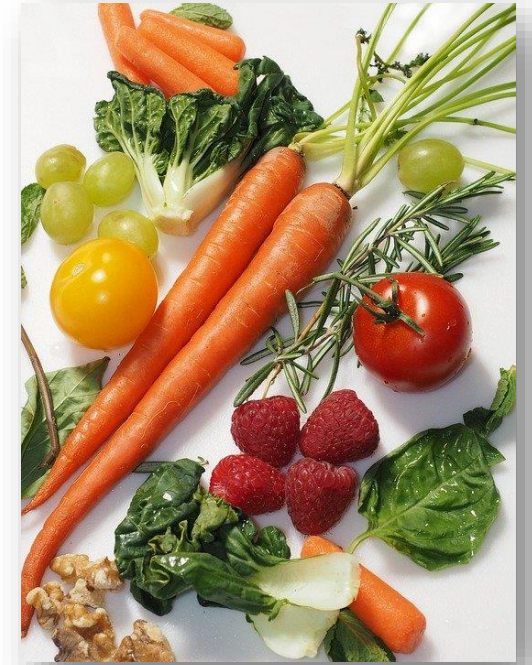
Nutrient Roles in Brain Health

Antioxidants (esp. Vitamin E) – decrease oxidative stress

Omega-3 fatty acids – anti-inflammatory

Flavonoids – neuroprotective, anti-inflammatory, and memory-promoting³

Resveratrol – antioxidant, anti-inflammatory⁴



Comparing To Other Eating Patterns

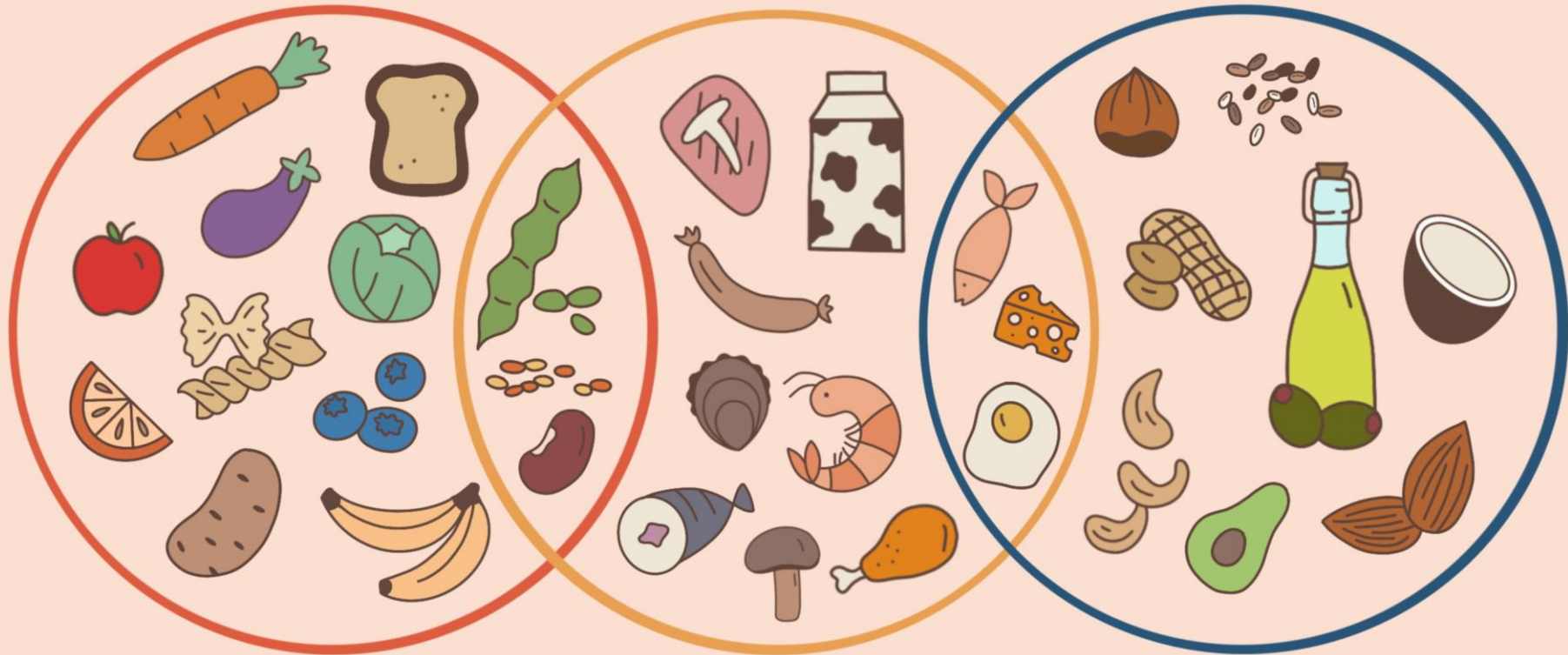
Mediterranean Diet⁵

- **Emphasizes:** vegetables, fruits, nuts, seeds, legumes, whole grains, herbs, spices, fish, seafood, and EVOO
- **Moderation:** poultry, eggs, cheese, and yogurt
- **Limit:** red meat, added sugars, processed meats, refined grains, and other processed foods

DASH Diet⁶

- **Emphasizes:** whole grains, vegetables, fruits, low-fat dairy, nuts, seeds, legumes, vegetable oils
- **Moderation:** fatty meats, full-fat dairy
- **Limit:** added sugars, high-sodium foods (frozen, prepackaged, processed, canned, fried, fast foods)

Macronutrients



Carbs

Protein

Fat

Macros Overview

Carbohydrate: 45-65% total calories

- Aim for ~50%

Protein: 10-35% total calories

- Aim for ~20%

Fat: 20-35% total calories

- Aim for ~30%

Try to get a mixture of all three with each meal/snack!

Nutrient Needs As We Age

Babies and children need more **fat** to **support growth**

Older adults need more **protein** to **prevent muscle loss**

- Decrease in hunger and thirst cues
- Decrease in calorie needs, but increased need for other nutrients⁶

Nutrients of concern: vitamin B12, D, protein, and calcium

Nutrients Of Concern

Vitamin B12

- Fish and seafood, nutritional yeast, organ meats, dairy, eggs, and fortified PB milks

Vitamin D

- Dark leafy greens, fatty fish, egg yolk, mushrooms, dairy and fortified milk, PB milk, and cereals

Protein

- Poultry, fish, seafood, beans, lentils, mushrooms, plant-based meat substitutes, and occasional red meat

Calcium

- Dark leafy greens, soy, fish and seafood, low-fat dairy, seeds, almonds, figs, oranges, papaya, fortified juices, PB milks, and cereals

Hydration

“Just 2% dehydration has a measurable impact on memory, processing speed, and analytical thinking.” - Dr. Sanjay Gupta



Recommendation: **64 oz** daily = **8 cups** daily

Tips to Stay Hydrated:

- Carry a refillable water bottle
- Drink a glass within an hour of waking up

Things that can dehydrate:

- Drinks with caffeine are **diuretics**
- High sodium foods
- Hot temperatures





Supplements

Supplement Smarts

Not regulated by the FDA



What does this mean?

- The manufacturer is responsible for ensuring safety
- FDA reviews all **new** ingredients used
- Some supplements have been found to have **different ingredients** or quantities in them than what is on the label

How can I shop smart?

- Check for the following labels on the bottle: NSF, USP, Consumer Lab
- No label **doesn't** mean it's bad, just that we don't know

Takeaways

1. Even moderate consumption of foods on the MIND Diet has been shown to slow and prevent cognitive decline.
2. Nutrient needs change as we age; older adults need more protein, vitamin B12, vitamin D, and calcium, and often fewer calories.
3. Supplements can help us meet nutrient needs, but choosing a third-party verified one can ensure that you get what you pay for.

Nutrition Counseling

Virtual Nutrition Counseling at the YMCA

For more information or to set up nutrition counseling sessions with me, please visit

<https://www.ymcamidtn.org/programs/health-and-fitness/nutrition-counseling>

or email me at nbarnett@ymcamidtn.org.

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Amanda Myers, PhD, LMFT
Ascension Saint Thomas Rutherford

Bariatric Support Group Leader

Family Recipes

Amanda Myers,
PhD, LMFT



Intergenerational Transmission of Risk

What gets passed down through the generations (trickles from above)

1. Identify the risks
 - a. What are you genetically loaded for?
 - b. What behaviors are you engaging in that pull the trigger?
1. Work towards untangling destructive messaging (food does not equal love)
2. What needs to stay in the past and what needs to be brought into the future?
3. Consider your legacy of home, heart, and habits
4. “No one eats in isolation”



What are you passing down?

Intergenerational transmission of risk (addiction, divorce, obesity, etc.)

- Family rituals: Mealtime
- Role expectations: Grandma's house designed to spoil
- HEALTH: Self-care, supportive nutrition, movement, coping skills
- Resources: Financial, education, spirituality
- Goals: Working towards, learning a new skill, transformation



Problematic Passing

“What does not get transformed, gets transferred.”

Disordered eating—Coping mechanism, source of pleasure, and/or reward, volume eating, binge eating, closet eating.

Disordered thinking—Food is your best friend, you deserve a treat, I can start my diet Monday.

I don't really care about helpful nutrition at my age (because it's too late and doesn't matter).

Consider the cost

Aging Well

1. Add more protein to your diet
2. Stay hydrated
3. Seek out community
4. Work on changing YOU not others
5. Find comfort in doing rather than consuming extra calories
6. Recognize food and mood connections
7. Maintain your weight—Added pounds impact you physically and mentally

Self-Care Menu

- Take a walk
- Call a friend
- Talk with a therapist
- Listen to music
- Read, journal, light a candle
- Stretch your body
- Get some fresh air
- Declutter your space
- Cook a delicious, nutritious meal



Audrey Hall

Retired Nurse

AgeWell Volunteer

RESOURCES

Food Pantries

- Second Harvest Food Bank
- The Branch of Nashville
- Martha O'Bryan Center

Mobile Food Pantries

- Mid-Cumberland Community Action Agency
- One Generation Way
- St. Vincent de Paul Catholic Church

Home-Delivered Meals/Meals-on-Wheels

Davidson County

- Metro Social Services & nonprofits: FiftyForward, Martha O'Bryan Center, St. Luke's, Greater Charlotte Cooperative

Other Counties

- *Mid-Cumberland Human Resource Agency*

**To find a food bank near you, please visit
<https://www.secondharvestmidtn.org/get-help/>**

RESOURCES

Supplemental Nutrition Assistance Program (SNAP)

Provides nutritional assistance benefits to children and families, the elderly, the disabled, unemployed and working families

- **Applying for SNAP in Tennessee:**
www.tn.gov/humanservices/for-families/supplemental-nutrition-assistance-program-snap/applying-for-services.html
- **Apply Online:** onedhs.tn.gov/csp
- **Need Help? 60+?:** Call Tennessee Justice Center 615-675-9840



Questions for the Panel

Q&A



Upcoming Webinar Segments

Keys to Living & Aging Well

- Brain Health
- Mental Health
- Financial Well-being
- Spirituality & Living with Purpose

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Contact & Resources



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