Nutrition is so important for adults as they age and can play a critical role in rehabilitation and quality of life. As we age there are many nutrition adaptations that may need to be made to support longevity and health. These may include changes in diet texture, meal timing, therapeutic diets, and other physical adaptations. Individualized adaptations have the most impact. Baby boomers (the largest generation) started turning age 65 in 2011, beginning the boom in the percentage of those in the older adult age group. Currently, 15% of the population is aged 65 or older. By 2030, that number is expected to increase to 21%, or 74 million people. Due to the aging population these nutrition approaches will become more and more commonplace, Older adults face social factors that affect their intake of nutritious foods such as food insecurity, lack of transportation, and the inability to purchase and/or prepare foods. In addition to health problems that may alter dietary patterns such as diabetes, stroke, cancer or Parkinson's disease studies show that nutrient deficiencies also tend to worsen with age. Nutrient deficiencies may be worsen with age and may be caused by low intake, poor appetite, malabsorption, and decreased ability.desire to cook. Some common nutrient deficiencies in the aging population include: vitamin D, B vitamins, and minerals including potassium, calcium, magnesium, and selenium, in addition to dietary fiber and protein. Keep in mind that your dietary needs are always changing and they are different than anyone else's!
Nutrition Considerations for Older Adults

Age Related Changes:
45% of adults aged 65 and older report having two to three chronic medical conditions.

Weight Changes:
Sedentary older adults are more likely to experience a loss of lean body mass/muscle or increased fat mass leading to obesity.

Multiple Medication Use
Many medications have side effects that affect appetite, gastrointestinal tract and may have other side effects. Work with your doctor to ensure medications aren't negatively affecting food intake.

Individuality
The bottom line is that everyone is different and a unique nutrition plan is key to ensuring the healthiest and most enjoyable life based on health, personal preferences, quality of life and so much more.

source: https://www.todaysdietitian.com/newarchives/1218p36.shtml

The Chemung County Department of Aging and Long Term Care is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant donations.
PEANUT BUTTER BANANA CHOCOLATE CHIP OATMEAL BARS

Yield: 18 bars

Ingredients
1/8 cup maple syrup
2 eggs
3/4 cup mashed banana (~2-3 bananas)
6 tbsp. Peanut butter
1/4 tsp salt
3 cups old fashioned oats
1/2 cup dark chocolate chips

Directions
- Preheat oven to 350 degrees F and coat a baking sheet with non-stick cooking spray
- In a large bowl, beat maple syrup and eggs together until well blended. Add mashed bananas, peanut butter and salt and mix until blended. Stir in oats and chocolate chips
- Pour batter into prepared baking sheet and bake for 20-25 minutes or until edges begin to brown. Cool completely and then cut into 18 bars.

Nutrition Facts
1 bar: 170 calories, 10 gm Fat (3.5 gm Saturated Fat), 20 mg Cholesterol, 70 mg Sodium, 19 gm carbohydrate, (5 gm sugar)
4 gm Fiber, 6 gm protein

- For a smaller quantity of bars, cut the recipe in half!
- OR freeze the remainder for use at a later time.
- Use as a breakfast bar or as part of a healthy breakfast with a glass of milk and a piece of fruit or have two bars and a glass of milk!
- Use as a quick healthy snack on the go.

Renee Jankowski MS, RD
Registered Dietitian
607-737-5529
rjankowski1@chemungcountyny.gov
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<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td>1 Fish Sandwich</td>
<td>8 Potato Crusted Tilapia</td>
<td>15 Fish Fry</td>
<td>22 Chicken Patty</td>
<td>29 BBQ Chicken</td>
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<tr>
<td>7 Ham &amp; White Bean Casserole</td>
<td>14 Chicken Cordon Bleu</td>
<td>21 Philly Cheesesteak</td>
<td>28 Pork Riblets</td>
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<tr>
<td>6 Chicken Patty</td>
<td>13 Fish Sandwich</td>
<td>20 Beef Goulash</td>
<td>27 Sausage Meatballs</td>
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<tr>
<td>5 Sweet &amp; Sour Chicken</td>
<td>12 Meatloaf</td>
<td>19 Meatballs in Brown Gray</td>
<td>26 Sausage, Peppers &amp; Onions</td>
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<tr>
<td>4 Stuffed Peppers</td>
<td>11 Orange Asian Chicken</td>
<td>18 Hot Dog with Sauce</td>
<td>25 Meatloaf</td>
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Menu subject to change without notice.

Reservations required at least one day in advance.

Make a reservation with your site manager or call 607-737-5520 to sign up.

Chemung County Department of Aging and Long Term Care
Eat Well Live Well Program

April 2022

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