

# Senior Scene



## How nutritional needs change with age

The human body undergoes an assortment of changes over the course of a lifetime. Some of those changes are visible to the naked eye, but many more are not. The body's changing needs in regard to nutrition is one alteration that people cannot see.

A nutritious diet can be a building block of a long and healthy life. Nutritional needs change as the body ages, and recognition of those changes can help people rest easy that their diets are working in their favor and not to their detriment.

**Calorie needs**  
The body requires fewer calories as individuals reach adulthood. That's because muscle mass begins to decrease in adulthood while fat increases. The National Institutes of Health notes that muscles use more calories than fat throughout the day, so it makes sense that a body experiencing a decline in muscle mass will require less calories than one in which muscle mass is on the rise. No two individuals are the same, and some adults exercise more than others. So it's best for adults to consult their physician to discuss their own calorie needs and then adjust their diets based on such discussions.

**What to eat**  
The American Heart Association notes aging adults' calories should come from nutrient-dense foods like vegetables, fruits, whole grains, lean meat, and low-fat dairy. This recommendation aligns with adults' declining calorie needs, as nutrient-dense foods contain ample amounts of protein, vitamins and/or minerals but do not contain a lot of calories.

**Water needs**  
It's vital for aging adults to make a concerted effort to drink water each day. The Office of Disease Prevention and Health Promotion notes that the sensation of thirst declines with age. Aging adults who are unaware of that unique biological reality may be risking dehydration because they are not compelled to drink water throughout the day. The Cleveland Clinic notes that dehydration can contribute to dizziness, weakness and lightheadedness, among other symptoms. Those symptoms can be particularly menacing for older adults, who are at increased risk for potentially harmful falls even if they are not dehydrated. The body still needs water as

it ages, and seniors taking certain medications may need more than usual due to

medication-related fluid loss. These are just some of the ways nutritional needs

change with age. Adults are urged to pay greater attention to diet as they age and make

choices that can counter age-related changes in their bodies.



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