

# NUTRITION NEWS

## Getting Older: Three Must-Do Diet Moves

(NAPSA)—Americans are living longer than ever, studies show—and good nutrition can be key to enjoying good health through the years.

Three big physiologic changes occur as one ages: a decrease in total body protein; a decrease in bone density and total body water; and an increase in the proportion of body fat. Fortunately, there are three ways we can modify our diets to keep healthy and improve our quality of life:

**1. Decrease Quantity, Not Quality.** As you age, your calorie needs may decrease by as much as 25 percent. While you don't need as much food, the food you do eat must be high in vitamins and minerals. Good choices include whole grains and whole-grain breads; legumes; low-fat dairy foods or fortified nondairy foods; and fruits and vegetables.

**2. Get More Calcium and Vitamin D.** Forty percent of Americans over the age of 50 are vitamin D deficient—and the statistics for calcium are even worse.

Calcium is vital for healthy bones, muscles, blood clotting and cell division. It may even help lower high blood pressure, decrease heart disease and help pre-

vent some types of cancer. Vitamin D helps increase calcium absorption and is important for muscle and nerve function.

Very few foods naturally contain vitamin D—mostly eggs and liver—so most of us get it from fortified milk and dairy products, which also happen to be the best sources of calcium. If drinking milk is not an option for you, consider choosing a calcium- and vitamin D-fortified nondairy product such as Vitamite® 100. It provides all the calcium and vitamin D of regular milk, along with milk's good taste and convenience—and no lactose to upset your stomach.

**3. Get More Fluids.** Sense of thirst decreases with age, making us more vulnerable to dehydration—a frequent cause of hospitalization among those over 65. Water and beverages such as milk, fortified nondairy beverages and fruit or vegetable juices—which deliver nutrients along with liquid—are good fluid choices.

To receive a free sample of Vitamite 100, a product brochure and coupon, send your name and address to: Diehl Specialties; 24N. Clinton St.; Dept.N-1; Defiance, OH 43512.

### Vital Nutrients for Older Americans

Older people tend not to drink enough milk, and therefore short themselves on these two crucial nutrients. Vitamite® 100 is a good way to get them, without the lactose that sometimes leads to stomach upset.

Nutrient	Ages 31 to 70		Ages 51 to 70+	
	Females	Males	Females	Males
Calcium (mg)	1,000	1,000	1,200	1,200
Vitamin D (ug)	5	5	10	10

*\*Some of the values listed in this table are Recommended Dietary Allowances (RDAs) and some are Adequate Intakes (AIs). Both may be used as goals for individual intake.*

*Sources: Dietary Reference Intakes, 1998, Institute of Medicine.*

