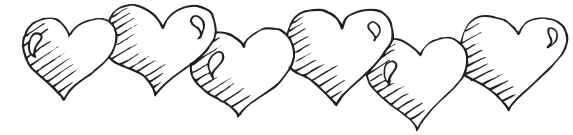


Healthy Hearts



Heart-Healthy Eating for Senior Adults

Many older Americans make poor food choices. By choosing more wisely from among the food groups, they could **improve their health and zest for life!** Senior adults have decreased energy or calorie needs, but need a higher level of some nutrients. In making daily food selections, many adults ages 70+ years need more fiber (21-30 g/day), calcium (1200 mg/day), vitamin D (600 IU/day) and vitamin B12 (2.4 µg/day). Nutritional supplements may be needed to achieve these levels. Getting enough liquids is also a special need for older adults. Try to drink at least eight cups of fluid each day.

Important tips for older healthy, active adults are:

- ~ Choose a variety of foods, including fruits, vegetables and whole grain products.
- ~ Eat a diet low in saturated fatty acids and cholesterol.
- ~ Use low amounts of sugar, salt, and alcohol.
- ~ Balance energy intake with physical activity.

www.oznet.ksu.edu/humannutrition offers more info.

By Mary L. Meck Higgins, Ph.D., RD, LD, CDE

Know the Signs of a Heart Attack Warning!

- * **Chest discomfort.** Many, but not all, heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- * **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- * **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- * **Other signs.** These may include breaking out in a cold sweat, nausea, or dizziness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes. Men and women should **dial 9-1-1...** to get medical care soon.

Source: American Heart Association
www.americanheart.org

