

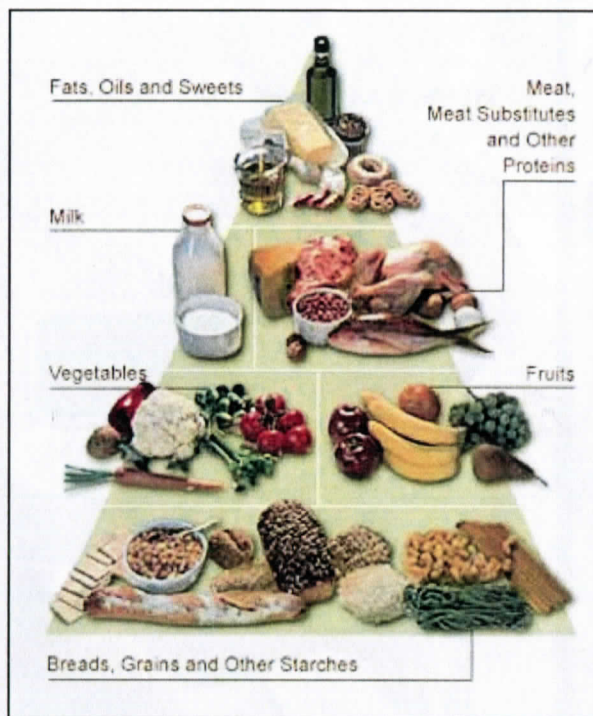
HEALTHY DIET PLAYS A MAJOR ROLE IN OUR HEALTHY LIFE!

Why do elderly people need to consume a healthy diet?

Due to

- Digestive problems- loss of teeth, less production of saliva & stomach acid.
- Fiber less diet & less water intake- constipation.
- Problems with metabolism- low metabolism with age, weight gain due to burning few calories.
- Weakened sense for salt -tendency to consume more salt.
- Increased muscle wasting- losing more proteins from the body.
- Certain medications & illnesses which negatively influencing appetite & taste-tendency to consume more salt & sugar.
- Loneliness & depression- feeling to not eating or overeating.
- Less exposure to sunlight & less efficiency at synthesizing- less synthesis of vitamin D by sunlight.
- Imbalance between mineralization & demineralization of bones-osteoporosis.

FOOD PYRAMID



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HEALTHY DIET HEALTHY BODY

- Would you like to improve your chances of living longer and feeling happier?
- ✚ Then fix into a healthy diet!



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◆ Are you aware of NCD? (Non Communicable Diseases)

- non infectious or non transmissible diseases
- chronic diseases of long duration and slow progression
- or can cause sudden death

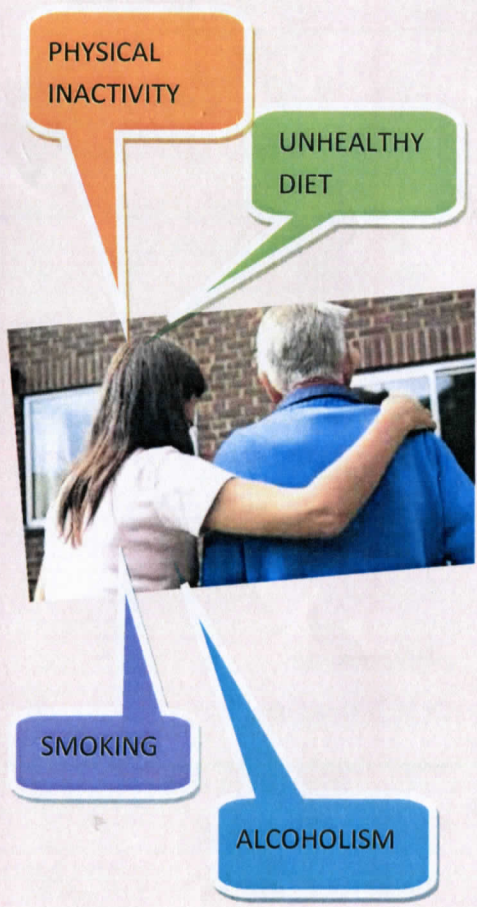
Eg:-

- heart diseases
- diabetes
- asthma
- stroke
- cancers

▪ Are you at risk of getting NCD?



RISK FACTORS FOR NCD



✂ Do you know that they are preventable?

- **Take a healthy diet!**
 - Eating too much of salt-high risk of getting high blood pressure.
 - Don't use more than a teaspoon per day (5g).
 - Eating too much of sugar- high risk of getting high diabetes.
 - Not more than 6 teaspoons for non-diabetic person.
 - High fat consumption increases the cholesterol in the blood- high risk of developing heart diseases & strokes.
 - Avoid butter, cheese, pastry like fat containing foods.
- **Be active physically!**
 - Be physically active for about 20minutes for at least 3 days per week.
- **Stop smoking!**
 - Smoking will reduce your life expectancy & make you a cancer patient.
- **Cut down alcohol rather than reducing!**
 - Over usage of alcohol will damage to your liver & lead to numerous disease conditions.
 - Also if you skip meals & have a drink instead, you will feel full but won't get adequate nourishment.
 - Your stomach can be irritated by alcohol leading to sickness or indigestion.
 - Can also increase the likelihood of incontinence.