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WOMEN AFTER FIFTY – NUTRITION AND DIETETICS

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ABSTRACT

As women age, their metabolisms start to slow down, and generally there is a decline in the normal activity. Therefore, women after 50 years of age, may find it more and more difficult to maintain healthy body weights. Fortunately, a proper diet and regular exercise helps keep women in their 50s looking and feeling their best. At age 50, most women require between 1900 and 2000 calories daily to maintain healthy weights. Women who are above 50 should limit or completely avoid certain foods to help maintain healthy body weights and reduce their risk for chronic diseases, such as heart disease, high blood pressure, high cholesterol and type-2 diabetes. Eating plenty of protein-rich foods in the right time, helps maintain lean muscle mass. For healthy weight management and to minimize disease risks, women should choose fiber-rich carbs, protein rich fermented foods and heart-healthy fats.

KEY WORDS: *Metabolic changes, Diet and Exercise, Dietary needs, Psychological needs*

INTRODUCTION

The average midpoint of life is considered about 49 for women, but most women consider themselves middle aged only once they have entered their 50s. Women's nutritional and dietary needs which include the food and water and metabolism change at this age, their metabolism gets slower. Some of the physical changes that women experience are due to decreased hormones, reduced activity level, metabolic changes and medical conditions (1).

Metabolism

After 50, women's hormone levels (estrogen) drop. This causes insulin (hormone that helps your body use sugar) rise. Thyroid levels go down. This combination makes hungrier. Much of the weight gain occurs around belly (2). More consumption of foods with proper amounts of fiber (berries, whole grains, nuts) to fill you up and help you eat less. Each day about 25 grams of fiber must be part of diet after the age of 40. Other ways to increase metabolism include eating breakfast, Exercising, drinking cold water, sleeping well and eating spicy foods.

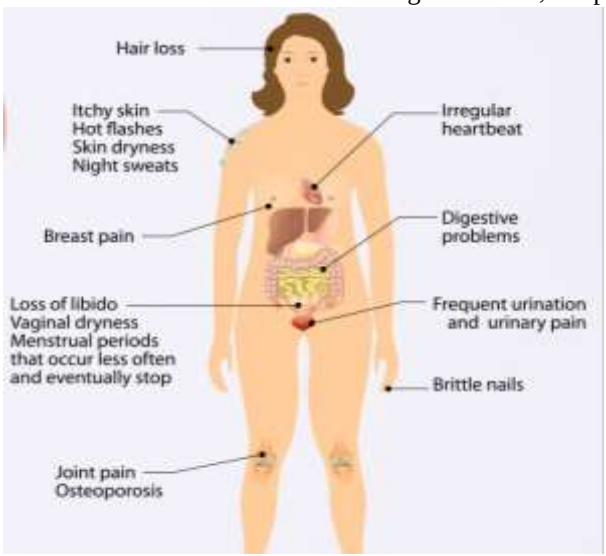


Fig:1 Source: www.foodmatters.com/article/the-hormone-balancing-food-plan-for-women

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Things to consider

After 50, most women gain belly fat. An increase in belly fat has many linked complications and diseases like diabetes, high blood pressure, heart disease, dementia, and certain cancers. Women after 50 years of age gradually lose muscle mass twice as fast as men. Most of the loss occurs in core muscles, which supports your abdomen (another reason for belly fat). Crash diets in order to lose weight rapidly within a short period of time, and lack of physical exercise causing leaning of muscle and muscle loss (3).

Women's diet demands the inclusion of protein (dairy, beans, fish, meat and nuts) carbohydrates (whole grains), fats (healthy oils), vitamins, minerals, and water. These foods have been linked to prevention of some diseases such as osteoporosis, high blood pressure, heart disease, diabetes, and certain cancers.

Women might begin to experience peri or pre menopausal-type symptoms, around this time. The symptoms like Hot flashes, Breast tenderness, Worse premenstrual syndrome, Lower sex drive, Fatigue, Irregular periods, Vaginal dryness, Urine leakage when coughing or sneezing.

Women also suffer from psychological disturbances with the appearance of wrinkles and grey hair, life assessment with the peer who are younger.

Healthful Nutritional Needs

Women aged 50 and over should consume 3-4 serves of low fat dairy food daily. The non-dairy sources of calcium include breakfast cereals, fish with edible bones, dry nuts, seeds and green leafy vegetables. Adequate exposure to the sunlight helps in the maintenance of Vitamin D levels required for absorption of calcium especially in older women.

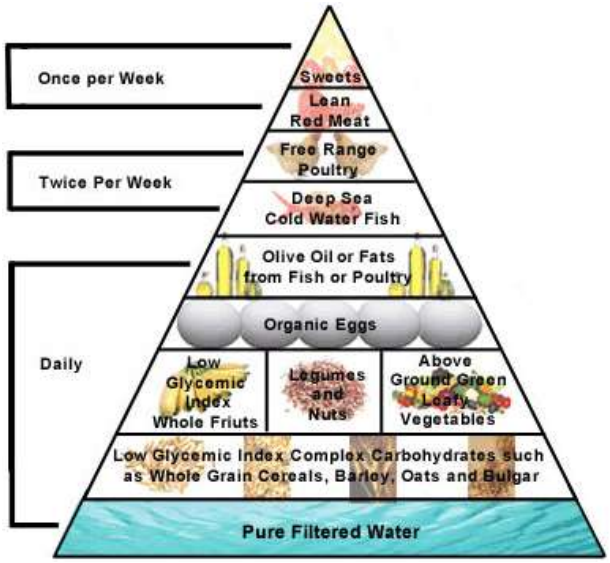


Fig:2 Courtesy: agelesswithmichelle.com

Consumption of a variety of foods, particularly vegetables, grains and fruit, becomes necessary to achieve a diverse intake of vitamins, fibre and phytoestrogens.

Expending an assortment of nourishments, especially grains, vegetables and organic product, to accomplish a different admission of nutrients, fiber and phytoestrogens (4).

Zinc assumes a focal job in metabolism, including the osmosis of metabolic fuel and upkeep of immune function. It is a component of numerous enzymes, regularly situated at the dynamic site, It balances out cell films / membranes and can work as a site-explicit cancer prevention agent (5). Women at 40 should build their consumption of zinc through sustenance sources created, predominantly of protein nourishments, for example, meat, fish, poultry, and dairy.

Little measures of fats can be incorporated in the diet and should originate from monounsaturated and polyunsaturated sources, for example, olive and canola oils, fish, grains, nuts, seeds and vegetables (6).

A few different supplements may profit you as you age, including

Potassium: A higher potassium consumption is related with a lower danger of hypertension / high blood pressure, kidney stones, osteoporosis and coronary illness, which are more common among the elderly.

Omega-3 unsaturated fats: Heart sickness is the main source of death among the elderly. Studies have demonstrated that omega-3 unsaturated fats can bring down coronary illness hazard factors like hypertension and triglycerides.

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Magnesium: Magnesium is an imperative mineral in the body. Sadly, elderly individuals are in danger of lack as a result of poor consumption, medicine use and age-related changes in gut work.

Iron: Deficiency is basic in elderly individuals. This may cause frailty, a condition in which the blood does not supply enough oxygen to the body.

The majority of these supplements can be gotten from an eating regimen wealthy in organic products, probiotic rich foods, fermented foods, vegetables, fish and lean meats.

Be that as it may, individuals who pursue a veggie lover or vegetarian diet could profit by taking an iron or omega-3 supplement. Omega-3 fats are for the most part found in fish.
Potassium, magnesium, omega-3 unsaturated fats and iron are different supplements you can profit by as you get more seasoned (7).
Drinking a sufficient measure of water is imperative as you age, as your body may turn out to be less ready to perceive the indications of drying out.

All women should be urged to include an eating routine that is low in soaked fat, which contains more grain-based sustenances (eg, breakfast oats, breads, pasta, rice) and products of the soil and nourishments wealthy in calcium and zinc (8). By keeping up a sufficient physical movement and a vitality suitable, diet a woman can amplify her physical wellbeing and mental prosperity (9).

Physical Needs
In moderately aged women, hereditary variables remain the most grounded effect on the sum and circulation of muscle versus fat, representing up to 60% of the fluctuation. Among the natural elements prompting aggregate and focal weight, diminished physical action could easily compare to vitality admission and dietary sythesis.

Women sought to be urged to keep up physical action, regardless of whether there are a few restrictions, (for example, joint pain) along with proper planned diet.

Psychological Needs
There is an intricate connection between dejection, self-perception, weight gain and diet. Be that as it may, the information reliably demonstrate that support of sufficient physical action and a nutritious, yet vitality fitting, diet are the keys to expanding physical wellbeing and mental prosperity.

Customary physical action lessens dejection and uneasiness, enhances disposition and has been related with expanded capacity to perform day by day errands.

Ordinary suppers and nutritious evening bites may enhance intellectual execution. Having breakfast frequently enhances disposition and memory, and expands vitality and advances sentiments of serenity.

There are many manners of thinking and changes happening in a lady's body and to stay sound, she should figure out how to best manage them. There is a restored need in the 50's to concentrate on being solid. This decade is basic to making solid way of life changes to eat all right as to exercise, meditate and ensure bone mass and muscles are flourishing (10).

Exercise enables discharge to pressure and as the 50-year-elderly person mulls over what she needs to handle first, the endorphins discharged amid exercise will help lessen the burdens. Despite the fact that in a woman's 20's, 30's she could sit and eat a half quart of frozen yogurt, chomp on a pack of chips or down a container of brownies, and might ordinarily want to in her 50's, that isn't a reality. Ordinarily women ask why they have put on weight when they have not changed their dietary patterns. The truth is that women have to eat diversely beginning in their 50's a result of those hormonal changes that don't enable women to eat a similar way they did in their 20's and 30's, regardless of whether they feel 20 or 30. Women can't overlook as they age, their digestion backs off and the body is affected by all that they do.

Extending and yoga, alongside cardio wellness, will help support digestion. Women should practise 30 to 40 minutes every day, five times each week. Eating adjusted, sound suppers wealthy in products of the soil will help.

Since women will in general complete a ton of self-appearance in the evening time hours, self-journaling to follow considerations and sentiments on paper is incredible treatment. Spreading reflections out on paper organizes and make mindfulness, fabricate self-assurance and use sound judgment. It elucidates who a lady endeavors to be, what she may deeply desire and how to accomplish it. Another valuable outlet for women entering the 50's decade is meeting up with same age lady friends to share any useful info and acknowledge they are all in almost the same situation. Unwinding with lady friends, having a great time, chuckling and not withstanding crying are for the most part great prescription.

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