

Wellness Tips for Seniors

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AgePage

Healthy Eating After 50

Choosing healthy foods is a smart thing to do—no matter your age! Healthy habits like eating well and being physically active can help you reduce your risk of chronic diseases such as heart disease, diabetes, and osteoporosis.

Here are some tips to get you started:

- Eat many different colors and types of vegetables and fruits.
- Make sure at least half your grains are whole grains.
- Limit saturated fat (found mostly in butter, beef fat, and coconut, palm, and palm kernel oils) and *trans* fats (found in processed foods like store-bought baked goods, pizza, and margarine).
- Eat “good” (poly- and monounsaturated) fats, like those found in seeds, nuts, avocados, and fatty fish like salmon. Any fats added in cooking should come from plant-based oils like olive or canola oils.

- Eat 8 ounces of seafood per week. Certain fish, like salmon, shad, and trout, contain less mercury than large fish, like tuna. Mercury can be harmful.

Make Smart Food Choices

Eating a variety of foods from each food group will help you get the nutrients you need. The *2015–2020 Dietary Guidelines for Americans* from the U.S. Department of Agriculture and Department of Health and Human Services describes healthy eating patterns. These guidelines are flexible to help you choose a diet of nutritious foods and drinks that you like, that are available in your area, and that fit your budget.

The *Dietary Guidelines* suggests that people 50 or older choose foods every day from the following:

Vegetables—2 to 3 cups

What is the same as a cup of cut-up vegetables? Two cups of uncooked leafy vegetables.

Fruits—1½ to 2 cups

What is the same as a half cup of cut-up fruit? A fresh 2-inch peach or a half cup of grapes.

Grains—5 to 8 ounces

What is the same as an ounce of grains? A small bagel; a slice of whole grain bread; a cup of flaked, ready-to-eat cereal; or a half cup of cooked rice or pasta.

Protein foods—5 to 6½ ounces

What is the same as an ounce of meat, fish, or poultry? One egg, ¼ cup of cooked beans or tofu, a half ounce of nuts or seeds, or 1 tablespoon of peanut butter.

Dairy—3 cups of fat-free or low-fat milk

What is the same as 1 cup of milk? One cup of plain yogurt, 1½ ounces of hard cheese, or 2 cups of cottage cheese.

Oils—5 to 7 teaspoons

What is the same as oil added during cooking? Foods like olives, nuts, and avocados have a lot of oil in them.

Other—130 to 350 calories

This includes calories from all types of foods and beverages, including baked goods, sweets, and alcohol. If you eat too many foods high in saturated fats or added sugars, you will not have enough calories left for the more nutritious foods you should be eating.

Your doctor may want you to follow a special diet because you have a health problem like heart disease or diabetes. Or, you might have been told to avoid eating some foods because they can change how well your medicines work. Talk with your doctor or a registered dietitian—a nutrition specialist—about foods you can eat instead.

Here's a tip: Stay away from “empty calories.” These are foods and drinks with a lot of calories but not many nutrients—for example, chips, cookies, soda, and alcohol.

If you have high blood pressure or are at risk, your doctor may recommend the DASH Eating Plan. DASH stands for Dietary Approaches to Stop Hypertension. Following this plan can help you lower your blood pressure. See the *For More Information About Healthy Eating* section to find out more about DASH.

How Much Should I Eat?

How much you should eat depends on how active you are. If you eat more calories than your body uses, you gain weight.

What are calories? Calories are a way to count how much energy is in food. The energy you get from food helps you do the things you need to do each day. Try to choose foods that have a lot of the nutrients you need, but not many calories.

Just counting calories is not enough for making smart choices. Think about this: a medium banana, 1 cup of flaked cereal, 1½ cups of cooked spinach, 1 tablespoon of peanut butter, or 1 cup of 1% milk all have roughly the same number of calories. But, the foods are different in many ways. Some have more nutrients than others do. For example, milk gives you more calcium than a banana, and peanut butter gives you more protein than cereal. Some foods can make you feel more full than others.

How Many Calories Do People Over Age 50 Need Each Day?

A woman:

- Who is not physically active needs about 1,600 calories
- Who is somewhat active needs about 1,800 calories
- Who has an active lifestyle needs about 2,000-2,200 calories

A man:

- Who is not physically active needs about 2,000-2,200 calories
- Who is somewhat active needs about 2,200-2,400 calories
- Who has an active lifestyle needs about 2,400-2,800 calories

Here's a tip: Aim for at least 150 minutes (2½ hours) of physical activity each week. Try to be active throughout the day to reach this goal, and avoid sitting for a long time.

Common Problems Older Adults Have with Eating

Does your favorite chicken dish taste different? As you age, your sense of taste and smell may change, and foods may seem to lose flavor. Try extra spices, herbs, or lemon juice to add flavor. Also, medicines may change how food tastes. They can also make you feel less hungry.

Talk to your doctor if this is a problem.

Maybe some of the foods you used to eat no longer agree with you. For example, some people become lactose intolerant. They have stomach pain, gas, or diarrhea after eating or drinking something with milk in it. Your doctor can test to see if you are lactose intolerant.

Are you finding it harder to chew your food? If you have dentures, maybe they do not fit, or your gums are sore. If so, a dentist can help you. Until then, you might want to eat softer foods that are easier to chew.

These are just a few possible problems older adults may have with eating. For more information, visit www.nia.nih.gov/health/overcoming-roadblocks-healthy-eating.

Do Older Adults Need to Drink Water?

With age, you might lose some of your sense of thirst. Don't wait until you feel thirsty to drink water or other fluids. Unless your doctor has told you to limit fluids, drink plenty of liquids like water, milk, or broth.

Try to add liquids throughout the day. You could try low-fat soup for a snack or drink a glass of water when you take a pill. Don't forget to take sips of water, milk, or juice between bites during a meal.

Snacking

Snacks are okay, as long as they are smart food choices. If you want an afternoon pick-me-up or after-dinner snack, have a piece of fruit, or spread peanut butter or low-fat cream cheese on whole wheat toast. Don't forget to include snacks in your daily food count. For example, 1 tablespoon of peanut butter spread on a slice of whole wheat toast counts toward the protein foods group and the grains group. Some ideas for healthy snacking include:

- Have an ounce of cheese with some whole grain crackers, a container of low-fat or fat-free yogurt, or a 1-ounce portion of unsalted nuts.
- Put fruit instead of candy in the bowl on your coffee table.
- Keep a container of washed, raw vegetables in the fridge along with hummus or other healthy dips.
- To limit your portion sizes, don't eat from the bag. Count out a serving and put the bag away.
- When you are out and need a snack, don't be tempted by a candy bar. Instead, take along homemade trail mix in a plastic bag when you go out. If you need to buy a snack while you are on the go, pick up an apple or banana—most convenience stores carry them.

What About Fiber?

Fiber is found in foods from plants—fruits, vegetables, beans, nuts, seeds, and whole grains. Eating more fiber can help prevent stomach or intestinal problems, like constipation. It might also help lower cholesterol and blood sugar.

It is better to get fiber from food than dietary supplements. Start adding fiber slowly. That will help avoid gas. Here are some tips for adding fiber:

- Eat cooked dry beans, peas, and lentils.
- Leave the skin on your fruit and vegetables if possible but wash them first.
- Choose whole fruit over fruit juice.
- Eat whole grain breads and cereals.

Should I Cut Back on Salt?

The usual way people get sodium is by eating salt. The body needs sodium, but too much can make blood pressure go up in some people. Many foods contain some sodium, especially those high in protein. However, most fresh fruits and vegetables do not have much sodium. Salt is added to many canned, boxed, and prepared foods.

People tend to eat more salt than they need. If you are 51 or older, about 1 teaspoon of table salt—2,300 milligrams (mg) sodium—is all you need each day. That includes all the sodium in your food and drink, not just the salt you add. If you have high blood pressure or prehypertension, try to limit sodium to

1,500 mg, or about $\frac{2}{3}$ teaspoon, per day.

Try to avoid adding salt during cooking or at the table. Eat fewer salty snacks and processed foods, such as lunch meats, potato chips, or frozen dinners.

Look for the word sodium, not salt, on the Nutrition Facts panel. Choose foods labeled “low sodium,” “no salt added,” “unsalted,” or “salt free.” The amount of sodium in the same kind of food can vary greatly among brands, so check the label.

Here's a tip: Spices, herbs, and lemon juice add flavor to your food, so you won't miss the salt.

What About Fat?

Fat in your diet comes from two places—the fat already in food and the fat added when you cook. Fat gives you energy and helps your body function, but it is high in calories. Some types of fat, like mono- and polyunsaturated fats, provide your body with important nutrients and can be good for you in the right amounts. Other types of fat, like *trans* fat and saturated fat, can be bad for your health. To lower the fat in your diet:

- Choose cuts of meat, fish, or poultry (with the skin removed) with less fat. Trim off any extra fat before cooking.
- Use low-fat or fat-free dairy products and salad dressings.
- Choose unsaturated fats, such as olive, canola, or vegetable oil, for cooking. Check the label.

- Don't fry foods. Instead, broil, roast, bake, stir-fry, steam, microwave, or boil them.

Keep Food Safe

As you grow older, you must take extra care to keep your food safe to eat. It is harder for you to fight off infections, and some foods could make you very sick.

Handle raw meat, poultry, seafood, and eggs with care. Keep them apart from foods that won't be cooked or are already cooked. Use hot, soapy water to wash your hands, tools, and work surfaces as you cook.

Don't depend on sniffing or tasting food to tell what is bad. Try putting dates on the foods in your fridge. Check the “use by” date on foods. If in doubt, toss it out.

Make sure food gets into the refrigerator no more than 2 hours after it is bought or cooked. Use or freeze leftovers within 3 to 4 days.

Can I Afford to Eat Right?

If your budget is limited, it might take some planning to be able to pay for the foods you should eat. Here are some suggestions:

- Buy only the foods you need—a shopping list will help.
- Buy only as much food as you will use. If you buy in bulk, buy only as much as you can use before it goes bad.

- Choose foods with plain (generic) labels or store brands—they often cost less than name brands.
- Plan your meals around food that is on sale.
- Divide leftovers into small servings, label and date, and freeze to use within a few months.

Federal Government programs are available to help people with low incomes buy groceries. To learn more about these programs or find your Area Agency on Aging, contact the Eldercare Locator (see below).

For More Information About Healthy Eating

To learn more about the DASH diet:

National Heart, Lung, and Blood Institute

1-301-592-8573

nhlbiinfo@nhlbi.nih.gov

[www.nhlbi.nih.gov/health-topics/
dash-eating-plan](http://www.nhlbi.nih.gov/health-topics/dash-eating-plan)

To find out about nutrition, meal programs, or getting help with shopping:

Eldercare Locator

1-800-677-1116 (toll-free)

<https://eldercare.acl.gov>

Federal Government Nutrition Websites:

www.choosemyplate.gov—Get resources for healthy eating.

www.foodsafety.gov—Learn how to cook and eat safely.

www.nutrition.gov—Learn more about healthy eating, food shopping, and assistance programs.

National Library of Medicine MedlinePlus

www.medlineplus.gov

USDA Food and Nutrition Information Center

National Agricultural Library

1-301-504-5755

fnic@ars.usda.gov

www.nal.usda.gov/fnic

For more information on health and aging, including nutrition and exercise, contact:

National Institute on Aging Information Center

1-800-222-2225 (toll-free)

1-800-222-4225 (TTY/toll-free)

niaic@nia.nih.gov

www.nia.nih.gov

Visit www.nia.nih.gov/health to find more health and aging information from NIA and subscribe to email alerts. Visit <https://order.nia.nih.gov> to order free print publications.



National Institute
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Vivir Mejor la Tercera Edad

Comer saludablemente después de los 50 años

Elegir alimentos saludables es hacer algo inteligente, sin importar la edad que tenga!

He aquí algunos consejos para ayudarle a empezar:

- Coma verduras y frutas de muchos colores y tipos diferentes.
- Asegure que por lo menos la mitad de los granos que come son granos integrales.
- Coma solamente pequeñas cantidades de grasas sólidas y alimentos con azúcar agregada. Limite las grasas saturadas (halladas principalmente en alimentos que provienen de los animales) o las grasas trans (halladas en alimentos como productos horneados comprados en los mercados y algunas margarinas).
- Coma grasas “buenas” (poli y monoinsaturadas), como las que se encuentran en las semillas, nueces, aguacates y pescados grados como el salmón. Cualquiera de las grasas agregadas al cocinar deben provenir de aceites de plantas como el aceite de oliva, canola, maíz o vegetal.

■ Coma mariscos dos veces a la semana. Los peces pequeños, como las sardinas o las truchas, o los peces criados en granjas (consulte la etiqueta) contienen menos mercurio que los peces grandes, como el atún. El mercurio puede ser dañino.

Elija los alimentos de manera inteligente

Comer una variedad de alimentos de cada grupo de alimentos le ayudará a obtener los nutrientes que necesita. *Las Guías Alimentarias para los Norteamericanos de 2015-2020* del Departamento de Agricultura de los Estados Unidos (USDA, por sus siglas en inglés) y del Departamento de Salud y Servicios Humanos (HHS, por sus siglas en inglés) describen patrones de alimentaciones saludables.

Usted crea un patrón de alimentación saludable eligiendo buenas opciones de alimentos y bebidas todos los días. Estas guías son flexibles para ayudarle a elegir una dieta de alimentos y bebidas nutritivos que le gusten, que estén disponibles en su área y que se ajusten a su presupuesto.

Las Guías Alimentarias sugieren que las personas de 50 años de edad o mayores elijan todos los días alimentos de la siguiente lista:

Frutas— $1\frac{1}{2}$ a $2\frac{1}{2}$ tazas

¿Qué equivale a media taza de frutas cortadas en trozos? Un melocotón de 2 pulgadas o 16 uvas.

Verduras—2 a 3½ tazas

¿Qué equivale a una taza de verduras cortadas en trozos? Dos tazas de verduras crudas de hojas.

Granos—5 a 10 onzas

¿Qué equivale a una onza de granos? Un bagel pequeño, una rebanada de pan integral, una taza de hojuelas de cereal listas para comer fortificadas con vitaminas y minerales, o media taza de arroz o pasta cocidos.

Alimentos con proteínas—5 a 7 onzas

¿Qué equivale a una onza de carne, pescado o aves? Un huevo, un cuarto de taza de frijoles cocidos o tofu, media onza de nueces o semillas, o 1 cucharada de mantequilla de maní.

Productos lácteos—3 tazas de leche descremada o de leche baja en grasa

¿Qué equivale a una taza de leche? Una taza de yogur natural o 1½ a 2 onzas de queso. Una taza de queso tipo requesón equivale a media taza de leche.

Aceites—5 a 8 cucharaditas

¿Qué equivale al aceite agregado al cocinar? Alimentos tales como aceitunas, nueces y aguacates contienen mucho aceite. **Grasas sólidas y azúcares agregados y sodio (sal)—use pequeñas cantidades de grasas sólidas, azúcares agregados y sal**

Si come demasiados alimentos que contienen grasas sólidas y azúcares agregados, no le quedarán suficientes calorías para los alimentos más nutritivos que debería comer.

Es posible que el médico quiera que usted siga una dieta especial porque tiene un

problema de salud, como una enfermedad cardiaca o diabetes. O tal vez le hayan dicho que evite comer ciertos alimentos porque estos pueden alterar la eficacia de los medicamentos. Hable con el médico o un dietista certificado, o sea, un especialista en nutrición, sobre los alimentos que sí puede comer en su lugar.

Un consejo: Evite las “calorías vacías”. Estos son alimentos y bebidas que contienen muchas calorías pero no muchos nutrientes, como por ejemplo, papas fritas y productos similares, galletas, refrescos gaseosos y alcohol.

Si tiene la presión arterial alta o está en riesgo de tenerla alta, su médico puede recomendarle el plan de alimentación DASH (Dieta para detener la hipertensión, DASH, por sus siglas en inglés). Seguir este plan puede ayudarle a reducir la presión arterial. Consulte la sección *Para más información* para obtener más información sobre el plan de alimentación DASH.

¿Cuánto debo comer?

La cantidad que debe comer depende de lo activo que usted es. Si consume más calorías de las que su cuerpo utiliza, aumentará de peso.

¿Qué son las calorías? Las calorías son una manera de contar la cantidad de energía que un producto alimenticio contiene. La energía que obtiene de los alimentos le ayuda a hacer las cosas que necesita hacer todos los días. Intente elegir alimentos que tengan

muchos de los nutrientes que necesita, pero no muchas calorías.

Simplemente contar calorías no es suficiente para escoger las opciones de manera inteligente. Piense en esto: un banano mediano, 1 taza de hojuelas de cereal, 1½ tazas de espinacas cocinadas, 1 cucharada de mantequilla de maní o 1 taza de leche con 1% de grasa tienen todos más o menos el mismo número de calorías. Pero esos alimentos son diferentes de muchas maneras. Algunos tienen más nutrientes que otros. Por ejemplo, la leche le proporciona más calcio que un banano, y la mantequilla de maní le proporciona más proteína que el cereal. Algunos alimentos pueden hacerle sentir más lleno que otros.

¿Cuánta comida tengo en mi plato?

¿Cómo se compara la cantidad de comida en su plato con la cantidad que debe comer?

Aquí hay algunas maneras de ver cómo se compara la cantidad de comida en su plato:

- 1 baraja de naipes = 3 onzas de carne o aves
- Media bola de béisbol = media taza de frutas, arroz o pasta
- 1 bola de béisbol = 1 taza de ensalada de hojas verdes
- 4 dados = 1½ onzas de queso
- La punta del dedo índice = 1 cucharadita de mantequilla o margarina
- 1 bola de ping pong = 2 cucharadas de mantequilla de maní

Problemas comunes que los adultos mayores tienen a la hora de comer

¿Le sabe diferente su plato favorito de pollo? A medida que envejece, su sentido del gusto y del olfato puede cambiar, y le puede parecer que los alimentos han perdido el sabor. Pruebe usar extra especias, hierbas o

¿Cuántas calorías necesitan cada día las personas mayores de 50 años?

Una mujer:

- Que no es activa físicamente necesita cerca de 1,600 calorías
- Que es algo activa necesita cerca de 1,800 calorías
- Que tiene un estilo de vida activo necesita cerca de 2,000-2,200 calorías

Un hombre:

- Que no es activo físicamente necesita cerca de 2,000 calorías
- Que es algo activo necesita cerca de 2,200-2,400 calorías
- Que tiene un estilo de vida activo necesita cerca de 2,400-2,800 calorías

Un consejo: Trate de hacer por lo menos 150 minutos (2½ horas) de actividad física cada semana. La actividad física se puede dividir en sesiones de 10 minutos varias veces al día, la mayoría de los días.

jugo de limón para agregar sabor. Además, los medicamentos pueden cambiar el sabor de los alimentos. También pueden hacer que se sienta menos hambriento. Hable con el médico si esto es un problema.

Tal vez algunos de los alimentos que solía comer ahora le caen mal. Por ejemplo, algunas personas desarrollan intolerancia a la lactosa. Tienen dolor de estómago, gases o diarrea después de comer o beber algo que contiene leche. El médico puede hacerle una prueba para determinar si usted padece de intolerancia a la lactosa.

¿Le cuesta más masticar la comida? Si tiene dentaduras postizas, puede ser que no le calzan bien o que tiene las encías adoloridas. Si es así, un dentista puede ayudarle. Mientras tanto, tal vez desee comer alimentos más suaves que sean más fáciles de masticar.

¿Los adultos mayores necesitan tomar agua?

Con la edad, su habilidad de sentir sed puede disminuir un poco. No espere hasta que sienta sed para tomar agua. A menos que el médico le haya indicado que limite los líquidos, tome muchos líquidos como agua, leche o caldo.

Intente agregar líquidos durante el día. Podría tratar de tomar sopa como un bocadillo o beber un vaso de agua antes de hacer ejercicio o trabajar en el jardín. No olvide tomar sorbos de agua, leche o jugo durante las comidas.

¿Qué debo saber sobre los alimentos con fibra?

La fibra se halla en alimentos provenientes de las plantas como frutas, verduras, frijoles, nueces, semillas y granos integrales. Comer más fibra puede prevenir problemas estomacales o intestinales, como el estreñimiento. Es posible que también ayude a reducir el colesterol, así como el azúcar en la sangre.

Es mejor obtener la fibra de los alimentos que de suplementos dietéticos. Empiece a agregar fibra gradualmente. Eso le ayudará a evitar los gases estomacales. He aquí algunos consejos para agregar fibra:

- Consuma a menudo frijoles, chícharos (arvejas) y lentejas cocinados.
- Si es posible, no le quite la cáscara a las frutas o verduras, pero lávelas antes de comerlas.
- Escoja frutas enteras en lugar de jugos de frutas.
- Consuma panes y cereales de granos integrales.
- Tome muchos líquidos para ayudar a la fibra a pasar por sus intestinos.

¿Debo reducir la cantidad de sal que consumo?

La manera usual en que las personas obtienen sodio es consumiendo sal. El cuerpo necesita sodio, pero demasiada cantidad puede elevar la presión arterial en algunas

personas. Muchos alimentos contienen algo de sodio, especialmente aquellos que son ricos en proteína. Sin embargo, la mayoría de las frutas y verduras frescas no tienen mucho sodio. A muchos de los alimentos enlatados, empaquetados y preparados se les agrega sal.

Las personas tienden a consumir más sal de la que necesitan. Si usted tiene 51 años de edad o más, todo lo que necesita cada día es cerca de dos tercios de una cucharadita de sal de mesa, o sea, 1,500 miligramos (mg) de sodio. Eso incluye todo el sodio en sus comidas y bebidas, no solo la sal que usted agrega.

Trate de no agregar sal cuando cocina o come. Hable con el médico antes de usar sustitutos de sal. Algunos contienen sodio y la mayoría contienen potasio, el cual también debe ser limitado por algunas personas. Coma menos bocadillos salados y alimentos procesados, tales como carnes frías procesadas, papas fritas o cenas congeladas.

Busque la palabra sodio, no sal, en la etiqueta de información nutricional. Elija alimentos rotulados “bajo en sodio”. La cantidad de sodio en el mismo tipo de alimento puede variar mucho entre las diferentes marcas, por lo tanto, revise la etiqueta.

Un consejo: Las especias, hierbas y el jugo de limón pueden agregar sabor a sus comidas, de manera que no echará de menos la sal.

¿Qué debo saber sobre la grasa?

La grasa en su dieta proviene de dos lugares: la grasa ya contenida en los alimentos y la grasa que usted agrega cuando cocina. Algunos tipos de grasas, como las grasas monoinsaturadas y poliinsaturadas, le proporcionan a su cuerpo nutrientes importantes y pueden ser buenos para usted en las cantidades correctas. Otros tipos de grasas, como grasas *trans*, grasas saturadas o grasas de animales, pueden ser perjudiciales para la salud. La grasa le da energía y le ayuda a su cuerpo a utilizar ciertas vitaminas, pero tiene muchas calorías. Para reducir la grasa en su dieta:

- Elija cortes de carne, pescado o aves (con el pellejo removido) que contengan menos grasa. Recorte la grasa extra antes de cocinar el alimento.
- Use productos lácteos y aderezos para ensaladas bajos en grasa.
- Use ollas y sartenes antiadherentes y cocine sin agregar grasa.
- Elija una grasa no saturada (como aceite de oliva, canola o vegetal) al cocinar. Revise la etiqueta.
- En lugar de freír los alimentos, trate de asarlos, rostizarlos, hornearlos,

saltearlos, cocinarlos al vapor o en el microondas, o hervirlos.

Conserve la seguridad de los alimentos

A medida que envejece, debe ser especialmente cuidadoso y conservar sus alimentos en estado seguro para poder comerlos sin peligro. Es más difícil para usted combatir las infecciones y algunos alimentos podrían enfermarle gravemente. Hable con el médico o un dietista certificado sobre los alimentos que debe evitar.

Maneje los alimentos crudos con cuidado. Manténgalos separados de los alimentos que no se cocinarán o que ya están cocinados. Use agua caliente con jabón para lavar sus manos, los utensilios y las superficies de trabajo mientras cocina.

No dependa de oler o probar los alimentos para determinar si se han descompuesto. Trate de ponerles fecha a los alimentos que coloca en el refrigerador. Revise la “fecha límite de uso” de los alimentos. Si tiene alguna duda, bote el alimento a la basura.

Asegure de colocar los alimentos en el refrigerador no más de 2 horas después de haber sido cocinados.

¿Puedo darme el lujo de comer adecuadamente?

Si su presupuesto es limitado, es posible que tenga que planear un poco

para poder pagar por los alimentos que debe comer. He aquí algunas sugerencias:

- Compre solamente los alimentos que necesita. Hacer una lista de compras le ayudará a lograr eso.
- Compre solamente la cantidad de alimentos que usará.
- Escoja alimentos con etiquetas simples (de marcas genéricas) o de marcas de tienda. A menudo estos cuestan menos que los de marcas famosas.
- Planee sus comidas teniendo en cuenta los alimentos que están en oferta.
- Divida la comida que sobra en pequeñas porciones, márquelas y póngales la fecha y congélelas para usarlas durante los próximos meses.

El Gobierno Federal tiene disponibles programas para ayudar a las personas de bajos recursos a comprar comestibles. Para obtener más información sobre estos programas o localizar la Agencia sobre el Envejecimiento de su área, contacte al Localizador de Centros de Atención para Adultos Mayores (Eldercare Locator).

Para más información

Para aprender más sobre la dieta DASH:

**Instituto Nacional del Corazón, Pulmón y Sangre
(National Heart, Lung, and Blood Institute)**
1-301-592-8573

nhlbiinfo@nhlbi.nih.gov

www.nhlbi.nih.gov/health/health-topics/topics/dash

Para obtener información sobre nutrición, programas de comidas o ayuda con las compras, consulte los siguientes recursos. Las organizaciones que tienen información solamente en inglés están marcadas con un asterisco (*).

**Localizador de Centros de Atención para Adultos Mayores
(Eldercare Locator*)**

1-800-677-1116 (línea gratis)

www.eldercare.gov

Sitios del Gobierno Federal en el internet sobre nutrición:

www.choosemyplate.gov/multilanguage-spanish

Obtenga recursos sobre la alimentación saludable.

<https://espanol.foodsafety.gov>—Aprenda cómo cocinar y comer de manera segura.

<https://healthfinder.gov/espanol>—Obtenga consejos sobre cómo seguir un estilo de vida más saludable.

www.nutrition.gov/es/inicio—Obtenga más información sobre la alimentación saludable, la compra de alimentos y los programas de asistencia, y sobre temas de salud relacionados con la nutrición.

Biblioteca Nacional de Medicina

MedlinePlus

(National Library of Medicine MedlinePlus)

www.medlineplus.gov/spanish

Centro de Información de Alimentos y Nutrición del Departamento de Agricultura de los Estados Unidos (USDA Food and Nutrition Information Center)

National Agricultural Library

1-301-504-5414

fnic@ars.usda.gov

www.nutrition.gov/es/inicio

Para más información sobre la salud y el envejecimiento, inclusive nutrición y ejercicio, comuníquese con el:

Centro de Información del Instituto Nacional Sobre el Envejecimiento (National Institute on Aging Information Center)

1-800-222-2225 (línea gratis)

1-800-222-4225 (TTY/línea gratis)

niaic@nia.nih.gov

www.nia.nih.gov/espanol

www.nia.nih.gov/Go4Life

Visite el sitio www.nia.nih.gov/espanol para obtener más información del NIA sobre la salud y el envejecimiento. Visite el sitio [https://order.nia.nih.gov](http://order.nia.nih.gov) para solicitar publicaciones gratuitas impresas.



National Institute
on Aging

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Octubre 2017

5 Tips to Help You Prevent Vision Loss

Key Takeaways

- May is Healthy Vision Month and it's an important reminder to take care of our eyes.
- Certain lifestyle habits can improve your vision and eye health and an annual eye exam can help detect common conditions before they worsen.

Here are 5 tips to help you maintain healthy vision as you age.

We use our eyes to complete daily tasks like preparing meals, engaging in physical activity, taking the correct medication and dosage, protect ourselves from falling, and so much more. That's why it's important to keep them healthy, so we're seeing our best and maintaining our independence. If we don't, the quality of our vision could decline—from a combination of age and lifestyle factors. These simple guidelines can help you maintain your vision health.

Eat well for healthy vision

Consuming a well-balanced diet rich in nutrients can help your vision. Studies have found that omega-3 fatty acids play a role in reducing age-related eye diseases and dry eyes, which are common as we age.

Here is a list of foods that are rich in omega-3 fatty acids that you can introduce into your diet:

- Leafy Greens
- Spinach
- Kale
- Brussels Sprouts
- Fish
- Salmon
- Sardines
- Cod
- Nuts and seeds, like walnuts, chia seeds, and flaxseed, are good choices for omega-3 fatty acids as well.

Wear sunglasses to protect your eyes

The sun radiates ultraviolet (UV) rays, which are wavelengths that can't be seen with the human eye. While UV rays are known to cause sunburn, long exposure to UV rays can also be harmful to your eyes, causing short and long-term damage.

An example of short-term damage is not being able to see after spending time on the slopes or shoveling snow. This is called snow blindness, which is caused by UV rays reflecting off the ice and snow. You won't notice you are experiencing snow blindness until you go inside, and it usually goes away in a few hours. Long-term damage occurs from years of prolonged sun exposure, and results in cataracts and macular degeneration.

To protect your eyes from the sun when you are outdoors, wear protective sunglasses with UV protection and a brimmed hat.

Manage your health conditions to minimize risk

According to a recent study from the Centers for Disease Control and Prevention (CDC), poorer health is a known association of chronic conditions and older people with vision impairment.

Because of the aging US population, the public health burden of vision impairment and chronic diseases is expected to increase.

Certain health conditions can affect your eye health, including diabetes, high blood pressure, and heart disease. Minimize your risk of developing eye diseases by managing your chronic condition(s) to perform daily tasks and engage in social activities.

Limit your screen time to lessen vision discomfort

Using our smartphones, tablets, and computers to watch/stream shows, play games, and connect with family and friends has become part of every day life. However, looking at a screen for an extensive amount of time can cause eye strain, blurry vision, and dry eyes.

Remember to take breaks when using your devices. You can give the 20-20-20 rule a shot: Every 20 minutes, look away about 20 feet in front of you for 20 seconds. Doing this quick exercise could reduce strain. If you start to experience any vision discomfort, make sure to talk to your eye doctor.

Schedule an annual eye exam

The best way to know if your eyes are healthy is to see an eye doctor each year. According to the CDC, many common eye diseases, such as glaucoma, diabetic eye disease, and age-related macular degeneration, show no warning signs but can be detected by your eye doctor before they worsen. An optometrist or ophthalmologist can perform routine eye exams to check your vision and the health of your eyes.

Your eye doctor might recommend that you get a dilated eye exam, which is the only way to detect these diseases in their early stages. During your dilated eye exam, drops are placed into your eyes for your pupils to widen, allowing more light to enter. After 30 minutes, your eye doctor can see the inside of your eyes and check the health of the retina, optic nerve, and other parts that cannot be seen otherwise. This process will allow the eye doctor a better look into the health of your eyes.

Source: <https://www.ncoa.org/article/5-tips-to-help-you-prevent-vision-loss>

The Top 10 Most Common Chronic Conditions in Older Adults

Key Takeaways

- Eighty percent of adults 65 and older have at least one chronic condition, while 68% have two or more.
- Learn more about the most common chronic medical conditions and how you can prevent or manage them.
- If you or someone you know is struggling to manage a chronic illness, the Chronic Disease Self-Management Program may be able to help.

Age, family genetics, and gender make it nearly impossible for older adults to avoid becoming a chronic disease statistic. Eighty percent of adults 65 and older have at least one condition, while 68% have two or more. You probably have a parent or grandparent who is managing a condition right now, or perhaps you are managing one yourself.

With these kinds of odds, you might wonder if there is anything you can do to prevent the onset of a chronic medical condition, or make managing an existing one easier. The answer is yes.

Here are 10 common chronic conditions adults 65+ on Medicare were treated for in 2015, and what you should know about each.

Number 10: Chronic obstructive pulmonary disease (COPD)

Eleven percent of older adults were treated for chronic obstructive pulmonary disease (COPD), a chronic disease that includes two main conditions—emphysema and chronic bronchitis. COPD makes it hard to breathe and causes shortness of breath, coughing, and chest tightness.

The number one way to prevent COPD—or slow its progression—is to quit or avoid smoking. Also try to avoid secondhand smoke, chemical fumes, and dust, which can irritate your lungs.

If you already have COPD, complete the treatments that your doctor has prescribed, get the flu and pneumonia vaccines as recommended by your doctor, and continue to remain active.

Number 9: Alzheimer's disease and dementia

Eleven percent of older adults on Medicare were treated for Alzheimer's Disease or another form of dementia. Alzheimer's Disease is one specific type of dementia—a condition that causes memory loss and difficulty thinking or problem-solving to the point that it interferes with every day activities. Dementia is not a normal part of aging and is caused by changes in the brain over time.

The biggest risk factors for these chronic conditions are things you often can't control, including age, family history, and genetics, but studies have suggested incorporating the following habits into your lifestyle could slow or prevent onset.

- Exercise. Staying active isn't just good for your heart; it's also great for your brain.
- Sleep. Your brain does important stuff while you are sleeping, so getting at least 7 hours of deep sleep a night is crucial.
- Be smart about your diet. Research suggests that some foods can negatively affect your brain.

Number 8: Depression

Fourteen percent of older adults sought treatment for depression – a treatable medical condition that is not a normal part of aging. Depression causes persistent feelings of sadness, pessimism, hopelessness, fatigue, difficulty making decisions, changes in appetite, a loss of interest in activities, and more.

Steps you can take to help with depression include:

- Manage stress levels. Reach out to family and friends during rough spells and consider regular meditation.
- Eat a healthy diet. What you put into your body can affect your mood, so focus on foods that are high in nutrients and promote the release of endorphins and those "feel good" chemicals, and limit consumption of things like alcohol, caffeine, artificial sweeteners, and highly processed foods.
- Routine exercise. Exercise has a number of physical and psychological benefits, including improving your mood through the release of endorphins and other "feel good" brain chemicals, boosting self-confidence and self-worth through meeting goals and improving your physical appearance, and increased socialization through interactions at gyms and group classes.
- Talk to your doctor. If you've experienced any of the warning signs of depression, talk to your doctor, and ask about your treatment options. Antidepressant medications or psychotherapy could be right for you.
- If you or someone you love has had thoughts of suicide, call the National Suicide Prevention Lifeline at 1.800.273.8255 (TALK).

Number 7: Heart failure

Fourteen percent of older adults were treated for heart failure — a condition that occurs when the heart cannot adequately supply blood and oxygen to all of the organs in the body. The heart might become enlarged, develop more muscle mass, or pump faster in order to meet the body's needs, causing you to feel tired, light headed, nauseous, confused, or lack an appetite. The best prevention is to follow a doctor's recommendations to decrease your risk for coronary heart disease and high blood pressure.

Number 6: Chronic kidney disease (CKD)

Eighteen percent of older adults were treated for chronic kidney disease (CKD) or a slow loss in kidney function over time. People dealing with CKD have an increased risk for developing heart disease or kidney failure. You can do the following to prevent or diminish symptoms of CKD:

Understand what damages your kidney. Diabetes and high blood pressure are the greatest risk factors for kidney damage, so taking steps to prevent these diseases is your best strategy.

Early detection and treatment. Talk to your doctor regularly, stay current on screenings, and keep up on prescriptions you need to diminish symptoms.

Number 5: Diabetes

Twenty-seven percent of older adults were treated for diabetes – a disease that occurs when your body is resistant to, or doesn't produce enough, insulin. Insulin is what your body uses to get energy from food, and distributes it to your cells. When this doesn't happen, you get high blood sugar, which can lead to complications such as kidney disease, heart disease, or blindness. Chances of having diabetes increases after age 45.

To keep you from developing diabetes or to manage this condition, your doctor may suggest:

- Eating a healthy diet, including monitoring your carbohydrate and calorie intake, and talking to your doctor about alcohol consumption.
- Exercising for 30 minutes five times a week to keep your blood glucose levels in check, and to control weight gain.
- Safely losing 5-7% of body weight if you are diagnosed with pre-diabetes.

Number 4: Ischemic heart disease (or coronary heart disease)

Twenty-nine percent of older adults were treated for ischemic heart disease – a condition that is caused by a build-up of plaque that narrows the arteries leading to the heart. Narrow or blocked arteries decreases the amount of oxygen-rich blood delivered to the heart. This can cause other complications like blood clots, angina, or a heart attack.

Habits you can incorporate to help:

- Refrain from saturated and trans fats, and limit sugar and salt intake
- Get seven to eight hours of sleep each night
- Keep your stress levels in check
- Do regular cardio exercises
- Abstain from smoking

Talk to your doctor about the major risk factors, including high cholesterol and high blood pressure

Number 3: Arthritis

Thirty-one percent of older adults were treated for arthritis – an inflammation of your joints, which causes pain and stiffness and is more common in women.

There are steps you can take to delay the onset of arthritis or manage the symptoms, including:

- Exercise at least 5 times per week, for 30 minutes each time, to improve function and decrease pain. Try to include a mixture of aerobic, strength-building, and stretching movements.
- Stay within the recommended weight for your height—losing one pound can remove four pounds of pressure on your knees.
- Make sure your back, legs, and arms are always supported.
- Take precautions to avoid joint injuries.
- Do not smoke.

Number 2: High cholesterol

- Forty-seven percent of older adults were treated for high cholesterol – a condition that occurs when your body has an excess of bad fats (or lipids), resulting in your arteries getting clogged, which can lead to heart disease.
- Lifestyle factors you can control when it comes to preventing or managing high cholesterol include:
- Abstaining from smoking and excessive alcohol consumption
- Being active each day
- Managing your weight
- Minimizing saturated fats and trans fats in your diet

Number 1: Hypertension (high blood pressure)

Fifty-eight percent of older adults were treated for hypertension – a common condition that involves both how much blood your heart pumps, as well as how resistant your arteries are to the blood flow. When your heart pumps a lot of blood, and you have narrow arteries which resist the flow, that's when you get high blood pressure, also known as hypertension. The danger of hypertension is not only that you can have it for years and not know it, but it can cause other serious health conditions, like stroke and heart attacks.

Things you can do to try to prevent, or reduce, high blood pressure include:

- Maintaining a healthy weight. Losing just 10 pounds can reduce blood pressure
- Regulate your stress levels
- Limit salt and alcohol consumption
- Exercise daily, including a combination of moderate to vigorous-intensity aerobic activities, flexibility and stretching, and muscle strengthening
- Check your blood pressure regularly—the quicker you catch pre-hypertension, the more likely you are to prevent high blood pressure
- When these tactics aren't enough to help with your chronic condition

The above tips can help you avoid or successfully manage a chronic condition. However, if you or someone you know is struggling to manage a chronic condition, there are programs in your community that can help, like the Chronic Disease Self-Management Program (CDSMP). CDSMP is a six-week, interactive, small-group workshop that helps participants build the skills necessary to control how chronic conditions affect their life.

Workshop sessions focus on the following topics:

- Dealing with fatigue, pain, frustration, or isolation
- Maintaining strength, flexibility, and endurance
- Managing medications
- Communicating with family, friends, and health professionals
- Healthy eating
- To learn more about workshops in your community and how to live with a chronic illness, contact your local area agency on aging.

Source: <https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>



Understanding Mental Health Issues in Seniors

Carol Bradley Bursack,

There are several clinical challenges involved in treating seniors with new or chronic mental illnesses. A loved one may develop one of these conditions as they age, or they may have received a diagnosis long ago and remained stable on the same psychiatric medication for decades. With age, however, a senior's treatment plan may need to be adjusted since the aging body processes these drugs differently, new health conditions develop and other medications are added to the mix.

Furthermore, it can be especially challenging for doctors to distinguish the symptoms of new or worsening mental illnesses from medication interactions or conditions like dementia that affect cognitive function, mood and/or behavior. This is especially true for primary care physicians and psychiatrists who have not received specialized training and education in geriatrics.

According to the [2019 National Survey on Drug Use and Health](#) conducted by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA), 14.1 percent of U.S. adults aged 50 and older (16.3 million people) live with a mental, behavioral or emotional disorder. To address the combined issues of aging and mental health, I consulted Connie M. Ward, Ph.D., a licensed psychologist in private practice at [A New Start Counseling Center, Inc.](#) in Fayetteville, Ga.

The Stigma of Mental Illness in Elderly Individuals

Sadly, mental illness is very misunderstood in the United States.

"It is denied, demonized, stigmatized, mocked, stereotyped, minimized, marginalized, judged, feared, danced around and rationalized in the media, public safety protocols, schools, and conversations with family and friends," Ward notes.

She stresses that mental illness is not a sign of weakness, a character flaw, a lack of faith, a curse or a moral failing. Mental conditions impact an individual's thinking, feeling or mood and may affect their ability to relate effectively with others and function on a daily basis.

According to Ward, the diagnosis and treatment of a mental disorder is much more complicated for older adults. Symptoms of mental health issues like depression or lapses in memory are often dismissed as "normal" aspects of getting older, but these assumptions prevent seniors from getting the care they need.

Even when new behavioral symptoms present and are acted on, the prevalence of multiple chronic conditions, multiple medications often being prescribed by different doctors and drug interactions can make it difficult for skilled physicians to properly diagnose and treat seniors.

with mental disorders. Additionally, inadequate support systems, **social isolation**, limited mobility, and increased emergency room (ER) visits with typically poor follow up decrease the likelihood that a senior will be willing or able to adhere to recommendations for treatment.

What Causes Mental Illness?

A mental health condition is not the result of one particular event, Ward says. Rather, it is due to multiple interlinking causes, such as genetics or family history of mental illness, the environment, and an individual's lifestyle choices. Susceptibility increases for those who are exposed to things like prolonged stress from their job, home life or caretaking role, as well as exposure to emotional, physical or sexual trauma, or being a victim of crime. Biochemical processes, basic brain structure and nutrition also play a significant role in mental health outcomes.

What Mental Health Issues Are Common in the Elderly Population?

According to the World Health Organization, the most common mental and neurological disorders among people aged 60 and older are dementia and depression, which affect approximately 5 and 7 percent of the world's older population, respectively. Anxiety disorders affect approximately 3.8 percent of seniors worldwide.

The following mental health issues may be less common among the elderly, but they are still of concern since they can profoundly affect interpersonal relationships and overall quality of life.

- Bipolar disorder
- Personality disorders (e.g., borderline personality disorder, narcissistic personality disorder)
- Dissociative disorders
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Schizoaffective disorder
- Schizophrenia
- Substance abuse disorders
- Eating disorders

Source: <https://www.agingcare.com/articles/understanding-mental-health-issues-in-seniors-209387.htm>

COVID-19 Vaccines for Older Adults

The risk of severe illness from COVID-19 increases with age. This is why CDC recommends that adults 65 years and older receive COVID-19 vaccines. Getting a COVID-19 vaccine is an important step to help prevent getting sick from COVID-19.



Tips for How to Get a COVID-19 Vaccine

- Contact your state or local health department for more information.
- Ask a family member or friend to help with scheduling an appointment.
- Ask your doctor, pharmacist, or community health center if they plan to provide vaccines and ask them to let you know when vaccines are available.
- Find a COVID-19 Vaccine: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you in the U.S.

Information about COVID-19 Vaccines for Older Adults

You can help protect yourself and the people around you by getting the vaccine when it is available.

- Studies show that COVID-19 vaccines are safe and effective in preventing severe illness from COVID-19.
- You can't get COVID-19 from the vaccine.
- Depending on the kind of COVID-19 vaccine you get, you might need a second shot 3 or 4 weeks after your first shot.

After getting the vaccine, some people have side effects. Common side effects include:

- Pain, redness, or swelling where you get your shot
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea
- These are normal signs that your body is building protection against COVID-19. Learn more about what to expect after getting your COVID-19 vaccine.

If you are fully vaccinated, you can resume activities that you did prior to the pandemic. Learn more about what you can do when you have been fully vaccinated.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/older-adults.html>

Vacunas contra el COVID-19 para adultos mayores

El riesgo de enfermarse gravemente a causa del COVID-19 aumenta con la edad. Por este motivo, los CDC recomiendan que los adultos de 65 años de edad o más reciban la vacuna contra el COVID-19. Vacunarse contra el COVID-19 es una medida importante para ayudar a evitar contraer el COVID-19.



Consejos sobre cómo acceder a una vacuna contra el COVID-19

- Contacte a su departamento de salud estatal o local para solicitar más información.
- Pídale a un familiar o amigo que le ayude a programar una cita.
- Consulte a su médico, farmacéutico o centro de salud comunitario para saber si tienen previsto aplicar vacunas y pídale que le informen cuando las vacunas estén disponibles.
- Encuentre una vacuna contra el COVID-19: busque en vacunas.gov, envíe su código postal por mensaje de texto al 438829 o llame al 1-800-232-0233 para encontrar centros en su área en los Estados Unidos.

Información acerca de las vacunas contra el COVID-19 para adultos mayores

- Puede ayudar a protegerse y proteger a las personas que lo rodean si recibe la vacuna cuando esté disponible.
- Los estudios demuestran que las vacunas contra el COVID-19 son seguras y efectivas para prevenir enfermarse gravemente a causa del COVID-19.
- No puede contraer COVID-19 por vacunarse.
- Según el tipo de vacuna contra el COVID-19 que reciba, es posible que deba aplicarse una segunda dosis 3 o 4 semanas después de la primera.

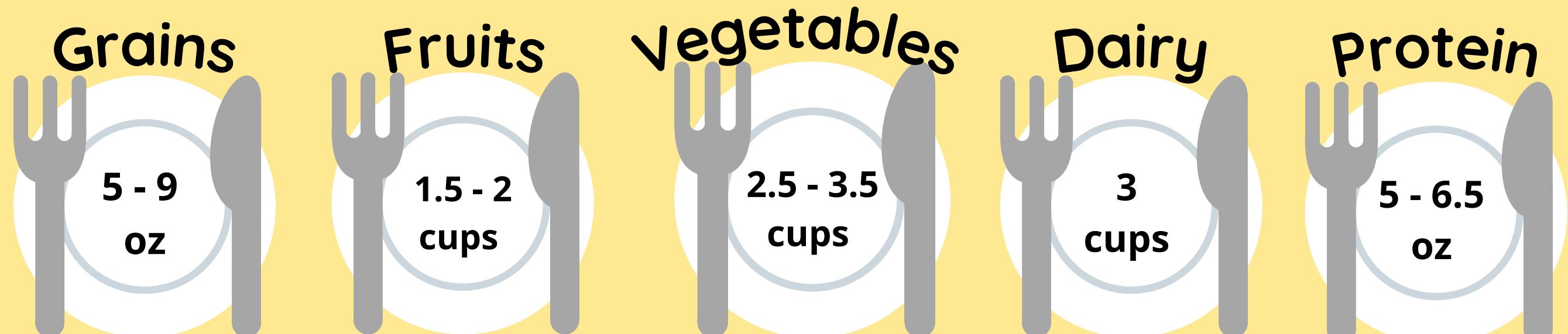
Después de vacunarse, algunas personas sufren efectos secundarios. Los efectos secundarios más comunes incluyen:

- Dolor, enrojecimiento o hinchazón en el lugar de la inyección
- Cansancio
- Dolor de cabeza
- Dolor muscular
- Escalofríos
- Fiebre
- Náuseas
- Estos son signos normales de que su organismo está generando protección contra el COVID-19. Aprenda más sobre qué esperar luego de recibir la vacuna contra el COVID-19.

Si está totalmente vacunado, puede reanudar las actividades que hacía antes de la pandemia. Obtenga más información sobre lo que podrá hacer cuando haya recibido la vacuna completa.

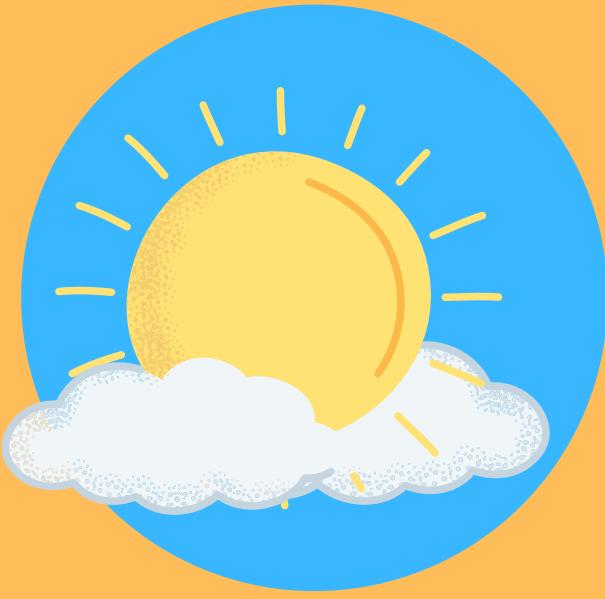
JULY IS SENIOR HEALTH AWARENESS MONTH TO CELEBRATE OUR **SUPERB SENIORS**

DAILY RECOMMENDATIONS FOR OLDER ADULTS (1)



Proper nutrition for older adults is important to supply adequate energy levels and overall health!

It may also help reduce risk of some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers (2). As we age, our nutritional needs also change! Some older adults need fewer calories, but still need to get enough nutrients such as fiber, protein, and certain vitamins. More active seniors need more grains and protein. The nutrition needs of older adults may be different from one to another, here are some general tips to eat healthy with aging:

- **Be Productive with Produce!** Load up on fruits and vegetables which are high in fiber, vitamins & minerals, and low in calories!
- **"You May Need- Vitamin D!"** Vitamin D, the "Sunshine Vitamin", is important in bone health. Get your daily dose from seafood, eggs, mushrooms, milk, fortified cereals and fortified orange juice!
- **Have Fun with Fiber!** Fiber can help you stay fuller longer and help reduce risk of colon cancer! Get your fiber from fruits, vegetables, and whole grains (like oatmeal, whole-wheat bread, and brown rice!)
- **Power Up with Protein!** Protein is important for muscle health and can help you stay fuller longer to enjoy all the activities you love! Fuel up with fish, chicken, eggs, cheese, tofu, beans, nuts & seeds, and quinoa!

(1)https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/DBrief/28_Meeting_Dietary_Guidelines_Recommendations_Older_Adults_1316.pdf

(2)<https://medlineplus.gov/nutritionforolderadults.html>

Featured Recipe:

Jumbo Fish Fingers with Golden Crispy Bread Crumbs

Recipe makes 10 servings

Ingredients:

- 1 x 2½ lbs side of salmon
- 2 large free-range eggs
- 1 teaspoon sweet smoked paprika
- 8 oz whole-grain bread
- 1 oz Cheddar cheese
- 2 Tbsp extra virgin olive oil

Instructions:

1. Cut the fish into 10 x 4-oz portions . Tip: cut the side lengthways about 1¼ inch thick, then into chunks from that.
2. In a bowl, whisk the eggs with the paprika and a pinch of sea salt and black pepper.
3. Tear the bread into a food processor, grate in the cheese, add 2 tablespoons of oil, and whizz until you have bread crumbs, then tip into a tray.
4. Coat each fish portion in the egg mixture, let any excess drip off, then turn in the bread crumbs until well coated all over. Transfer to a pan lined with parchment paper, layering them up between sheets of paper until all coated.
5. Place jumbo fish fingers on a roasting pan and cook in a preheated oven at 400°F for 15 minutes from fresh, or 20 minutes from frozen, or until golden and cooked through.
6. Tip: fish fingers can also be frozen and requires 20 minutes cook time in oven

Source:
[https://www.jamieoliver.com/
recipes/fish-recipes/jumbo-fish-fingers](https://www.jamieoliver.com/recipes/fish-recipes/jumbo-fish-fingers)

Nutrition Facts (per serving):

Calories: 260

Saturated Fat: 4 g

Total Carbohydrates: 5 g

Fiber: 2.5 g

Sugars: <1 g

Protein: 28 g

Sodium: 147 mg

Potassium: 21 mg

Written by: Menger Zheng, Dietetic Intern at
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