



VITAL AGEING: GOLDEN AGERS

Graceful ageing is defined not just by longevity but with sufficient well-being in multiple domains - physical, mental & social.

Highlighting some of the health changes & nutritional needs for commonly faced issues

	Bone Health/ Joint Pain	Gut Health	Immunity	Menopause fatigue/ reduction in energy levels
Physical/ Health Changes	<ul style="list-style-type: none"> As people age, the rate at which new bone cells are formed is much lower. With ageing, joint movements becomes stiffer and less flexible. 	<ul style="list-style-type: none"> Aspects of physical health change naturally with age, and issues like constipation, diarrhea & gas become common. Poor diet and reduced digestive enzymes can affect both digestive and immune systems. 	<ul style="list-style-type: none"> Age-associated shift leads to the reduced ability to fight novel infections. Age-related decline in immune functions is referred to as 'Immunosenescence'. 	<ul style="list-style-type: none"> Fatigue - results from reduced muscle mass & strength, slow metabolism and disrupted sleep pattern. Fatigue can adversely affect work performance, family life and social relationships negatively.
Nutritional Needs	<ul style="list-style-type: none"> Protein Calcium Vitamin D Magnesium Manganese Phosphorus 	<ul style="list-style-type: none"> Fiber Vitamin C Vitamin A Zinc Probiotics Prebiotics 	<ul style="list-style-type: none"> Zinc Vitamin C Vitamin A Vitamin E Vitamin D Vitamin B6 Vitamin B12 Folic Acid Iron 	<ul style="list-style-type: none"> Magnesium Iron Manganese Vitamin B6 Vitamin B12 Vitamin B1 Vitamin B2 Vitamin B3

Food Sources

CALCIUM & PROTEIN	IRON, VITAMIN D & MAGNESIUM	VITAMIN B1, B2, B3 & B6	FOLIC ACID & VITAMIN B12
<p>Milk, Curd, Ragi, Eggs, Paneer, Pulses, Chicken breast</p>	<p>Spinach, Egg yolk, Fish, Broccoli, Nuts & Seeds, Raisins</p>	<p>Tuna, Eggs, Peanuts, Green peas, Sunflower seeds, Milk, Chicken breast, Chickpeas</p>	<p>Fish, Legumes, Whole grains, Eggs, Broccoli, Spinach</p>

As one ventures into 50's, health issues related to age start showing up!

- Energy crashes more quickly than it used to
- Weight gain as metabolism slows down
- Skin, hair, eye health declines
- Weakening immune system
- Bone & Joint pain (osteoporosis & osteoarthritis)
- Risk of high blood pressure, hypertension
- Risk of diabetes
- Greater risk of heart disease
- Cognitive decline

Some important tips on active & healthy ageing

- Undergo regular health check-ups after the age of 40 years
- Participate in family life and spend time doing things that you enjoy.
- Challenge the body and mind by learning new things
- Surround yourself with positive, energetic people
- Follow a healthy eating plan that emphasizes fruits, vegetables and low-fat dairy foods
- Do regular physical activity
- Maintain a healthy body weight