

## Nutrition for Seniors Eat Smart Live Smart (v10)

### 10. Basic Tips on Diet for Older People

#### 老年人飲食錦囊

Smart eating for healthy ageing

智營耆康

Food Plate / Healthy Eating Plate concept

食物餐盆/健康飲食餐盆概念

In order to help older adults, understand how to achieve a balanced diet, healthcare professionals can explain the recommendations to them using the food plate concept similar to the Taiwan Food Plate concept (Figure 1) or the Harvard Healthy Eating Plate concept (Figure 2).

為幫助長者了解如何實踐均衡飲食，醫護人員可使用類似台灣食物盤(圖一)或哈佛健康飲食盤概念(圖二)，向他們解釋及建議食物盤概念。

The food plate concept converts dietary recommendations into a visual representation of food proportions in a balanced diet in one meal.

食物盤概念是將飲食建議轉換為視覺表示一餐中的均衡飲食。

The plate is divided into 6 sections: wholegrains, meat and alternatives, vegetables, fruits, milk and alternatives, and nuts and seeds.

餐盆分為 6 個部分：全麥、肉類或替代品、蔬菜、水果、牛奶或替代品、以及堅果和種籽。

Grains such as brown rice, whole wheat, barley, quinoa, oats and their products such as whole wheat pasta and wholemeal bread have beneficial effects on glucose-insulin homeostasis, blood lipids and gastrointestinal health.

穀物如糙米、全麥、大麥、藜麥、燕麥及其全麥麵食和全麥麵包等產品，對葡萄糖-胰島素耐受性，血脂及腸胃道健康具有裨益。

Choose wholegrains more often and limit refined grains such as white rice and white bread.

選用全麥，並限制精製穀物，如白米和白麵包。

Each meal should contain grains and the amount of grains should be slightly larger than the size of a fist.


每餐應含有穀物，份量應略大於拳頭大小。

Try to make sure at least 1/3 of the grains consumed each day are wholegrains.

確保每天進食的穀物至少有三分之一是全麥。

Meat and alternatives are rich in protein. Protein plays an important role in preventing the loss of muscle mass and muscle strength which is part of the ageing process.

肉和其替代品含豐富蛋白質。在老齡化過程中，蛋白質在防止肌肉和肌力流失起重要作用。

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Legumes, fish, egg, lean meat, and skinless poultry are healthier options as they are lower in saturated fat.

豆類、魚、雞蛋、瘦肉和無皮家禽是較健康的選擇，因其飽和脂肪含量較低。

General older adults are recommended to consume 1 to 1.2 g protein/kg body weight daily.

以每天計算，建議一般長者的體重每千克攝入 1 至 1.2 克蛋白質。

Since the ability to store excess protein for anabolic use is limited in older adults, consumption of a single large serving of protein may not be beneficial.

由於長者儲存過多蛋白質用於合成代謝的能力受到限制，因此單次攝入大量蛋白質可能沒有好處。

Even protein distribution of 25 to 30 g per meal during the day has been proposed.

有提出每天每餐的蛋白質平均分配為 25 至 30 克。

Therefore, food rich in protein about the size of a palm are encouraged to be consumed in every meal.

因此，鼓勵在每餐中含蛋白質的食物，其大小與手掌大小相同。

Vegetables and fruits are rich in dietary fiber, vitamins and minerals.

蔬菜和水果含豐富膳食纖維，維生素和礦物質。

Eat plenty of them each day.

每天應大量進食。

Apart from leafy vegetables, there are different types of vegetables including gourds such as zucchini, bitter melon, fruit vegetables such as tomato, eggplant, mushrooms, root vegetables such as lotus root, potato and beans such as sugar snap pea.

除多葉蔬菜外，還有多種蔬菜，包括西葫蘆類的葫蘆瓜，苦瓜，水果蔬菜如蕃茄，茄子，蘑菇，根類蔬菜如蓮藕，馬鈴薯，和豆類如豌豆。

It is recommended to consume vegetables and fruits with different colors and variety to obtain the phytochemicals that can help reduce the risk of different diseases.

建議食用不同顏色和種類的蔬菜和水果，以獲取植物化學物質有助於減少種種疾病。

Each meal is best to include vegetables, amount slightly larger than a fist, and fruit that is size of a fist.


每餐蔬菜份量應比拳頭稍大，水果份量應如拳頭般大。

Milk and alternatives are rich in calcium, protein and vitamin D.

牛奶及其替代品含豐富鈣質，蛋白質和維生素 D。

Low-fat or fat-free milk are healthier choices as they are lower in saturated fat.

低脂和脫脂牛奶是較健康的選擇，因其飽和脂肪含量較低。

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Drink 2 cups of milk each day.  
每天喝 2 杯牛奶。

For individuals who cannot tolerate milk, other calcium-rich foods such as fortified soymilk, tofu, dark green leafy vegetables and canned sardine with bones.

對於不能喝牛奶的人，可食用其他含豐富鈣質的食物如豆乳、豆腐、深綠色多葉蔬菜和帶骨罐頭沙甸魚。

Nuts and seeds contain healthy monounsaturated and polyunsaturated fatty acid and have been shown to prevent age-related cognitive decline.

堅果和種籽含有健康的單元不飽和脂肪酸和多元不飽和脂肪酸，並已證明可以防止與年齡有關的認知能力下降。

Try to include 1 teaspoon of nuts and seeds in each meal.

嘗試在每餐中加入 1 茶匙堅果和種籽。

Figure 1. Taiwan Food Plate

圖一. 台灣食物盤



Figure 2. Harvard Healthy Eating Plate

圖二. 哈佛健康飲食盤

