

# Older Adults 60+ Years



## Aging Vibrantly



Healthy aging begins with healthy habits like good nutrition and wellness. As adults age, it's important to protect against health conditions related to changes in bone and muscle mass, like osteoporosis and sarcopenia. Nutrient-rich dairy foods provide high-quality protein to help maintain muscle, as well as bone building nutrients important during bone remodeling that takes place post-menopause.<sup>1</sup>



### Dairy's Unique Contributions

Whether working, easing into retirement, taking care of elderly parents, supporting friends or keeping up with the kids and grandkids, older adults are looking for ways to balance the demands of life while maintaining energy and avoiding chronic diseases. Regular strength exercises combined with healthy eating is essential and doesn't have to be hard. For example, enjoying healthy eating patterns, which can include healthy fats like nuts and olive oil, plenty of fruits and vegetables, lean protein sources and three servings of dairy each day, can help set older adults up for success.

Most older adults fall short of the Dietary Guidelines for Americans' daily dairy recommendations. By increasing to three servings each day, dairy can help deliver on many of the unique nutrition needs to support healthy aging.



High-quality protein helps maintain muscle health.



Calcium, phosphorus and vitamin D help sustain strong bones and teeth.



Vitamin B12 plays a critical role in nerve function.



Choline\* supports cognitive function.<sup>2</sup>

\*One serving of milk provides 8% of the Daily Value for choline.



### Recommended Daily Dairy Servings<sup>1,6</sup>



**3 cups**

See backside for what counts as a serving of dairy. There are a variety of ways to enjoy milk, cheese and yogurt to meet the recommended daily servings.

### Special Considerations



Maintaining optimal muscle mass is one way to stay well through older adulthood. While some loss of muscle is expected, there are ways to help minimize and support healthy aging, including regular resistance training and consuming a balanced amount of high-quality protein each day.



During this time in life, it may be difficult to become comfortable with a set income. Dollar for dollar, dairy foods are one of the most affordable sources of nutrition.<sup>3,4</sup> In fact, three servings of milk can cost as little as \$0.60 per day,<sup>5</sup> and research has shown that dairy foods are the lowest cost sources of calcium and vitamin D – both nutrients of public health concern.<sup>3,4</sup>



Lactose intolerant? The good news is even individuals with lactose intolerance can still benefit from dairy's nutrients. Adding small amounts of dairy foods into meals or choosing foods with minimal or no lactose, like hard cheeses and Greek- or Icelandic-style yogurts, are great strategies. Lactose-free milk is also still real milk, just without the lactose.





## Try this Recipe

### Baked Oats with Cottage Cheese and Dried Fruit Sprinkles

Makes 4 servings

#### Ingredients:

- 1/4 cup freeze-dried blueberries and strawberries
- 2 cups old-fashioned or quick cooking oats
- 1 cup cottage cheese
- 2 ripe bananas
- 4 eggs
- 4 tablespoons agave nectar or honey
- 1 teaspoon baking powder
- 1/4 teaspoon salt



#### Instructions:

1. Preheat oven to 350° F. Grease four 8-ounce ramekins or oven-safe bowls with butter or cooking spray.
2. Place freeze-dried blueberries and strawberries in a zip-top bag and crush using a rolling pin. Fruit pieces should be roughly the size of sprinkles. Set aside.
3. In a blender, combine oats, cottage cheese, bananas, eggs, agave nectar (or honey), baking powder and salt. Pulse until the mixture is combined and the oats are starting to break down but not completely smooth. Do not over mix.
4. Using a spoon or spatula, gently fold 1/4 cup of freeze-dried fruit into batter.
5. Divide batter between four prepared ramekins or bowls. Bake in preheated oven for 25 minutes, or until cakes are set. Remove from oven and allow to cool for 5 minutes before serving.
6. To serve, garnish each cake with a dollop of Greek yogurt, freeze-dried fruit “sprinkles” and a drizzle of honey, if desired.



## Make Every Bite & Sip Count



Use milk instead of water in oatmeal and soups and top with a dollop of Greek yogurt to enhance creaminess while adding a splash of nutrients and high-quality protein.



It can be hard for older adults to stay hydrated. Luckily, milk naturally contains ~90% water, plus it comes with important nutrients that play a role in hydration like electrolytes potassium and sodium.

#### Sources

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.
2. Zelman K. Micronutrients: Choline. *Food & Nutrition*. 2017.
3. Drewnowski A. The contribution of milk and milk products to micronutrient density and affordability of the U.S. diet. *J Am Coll Nutr*. 2011;30(5 Suppl 1):422S-8S.
4. Hess J, Cifelli C, Agarwal S, Fulgoni V III. Comparing the cost of essential nutrients from different food sources in the American diet (OR20-04-19). *Curr Dev Nutr*. 2019;3(1).
5. IRI Multi Outlet + Conv 2020, YTD ending 10-4-20. Based on U.S. average price of unflavored, branded and private label milk, 1 gal.
6. U.S. Department of Agriculture. MyPlate. What foods are included in the Dairy Group? 2020.



Milk, yogurt and cheese are foundational foods that help nourish people throughout life. Dairy foods, including lactose-free varieties, are highly nutritious and accessible options that help fill nutrient gaps and contribute to healthy eating patterns. To learn more about how dairy foods help people thrive across the lifespan, visit [USDairy.com](https://usdairy.com).

