

Sources of Key Nutrients for Older Adults

Helping Older Adults Enjoy a Nutrient-Rich Diet

As we age, we tend to need fewer calories in our diet. However, we still need the same amount of nutrients. Research has shown that most older adults living in residential settings are not consuming enough of some nutrients.

To help older adults enjoy a nutrient-rich diet, try using more of the 10 ingredients listed below. Each ingredient is a good source of nutrients and can be easily added to different recipes.



Almonds

Vitamin E

Add them sliced to salads, granola, trail mix, or as a topping for desserts; add them ground to sauces, bread, or as a topping for yogurt or cereal.

Almond flour can be used as a substitute for wheat flour in baked goods. Try lowering the oven temperature by 25°F and watch the item carefully, as baked goods made with almond flour will brown faster.



Dark Chocolate

Magnesium, Iron

Add it to bars, cake, squares, brownies, hot chocolate, cookies, pudding, pies, truffles, tarts, fudge, chocolate bark, trail mix, granola, cupcakes, muffins, or quick breads.

Dark chocolate can be a great addition to baked goods. Try adding chili powder, espresso or cinnamon to boost the chocolate flavour in a recipe.



Eggs Yolks

Vitamin D

Add them to salad dressings, flan, custards, aioli, lemon curd, cookies, carbonara sauce, crème brûlée, ice cream, eggnog, crêpes, mayonnaise, tiramisu, puddings, trifles, donuts, cream pies, or rice/bread puddings.

Egg yolks can be frozen for up to a year. When ready to use, thaw in the refrigerator and use within 24 hours.



Flax Seeds

Fibre, Omega-3

Add them to muffins, breads, or loaves; as a topping for yogurt, salads or oatmeal; or to thicken soups.

Flax seeds can be used as a substitute for eggs. Try adding 2.5 Tbsp of water to 1 Tbsp of flax seeds for the equivalent of 1 egg. Let the mixture stand for several minutes before adding it to a recipe.

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Hemp Hearts

Iron, Zinc, Magnesium, Manganese

Add them to muffins, soups or stews, baked goods, yogurt, salads, oatmeal, casseroles, stews, breads or loaves, or as a breading or topping.

Baking hemp hearts at high temperature may harm their beneficial oil. Try baking at or under 350°F.



Lentils/Beans

Protein, Fibre, Iron

Add them as a purée to brownies or bars, dips or spreads, porridge, hummus (sweet or savory), cookies, cakes; add them whole to soups, curries, salads, rice dishes, chili, tacos, or vegetarian meatloaf.

Baked goods may become heavier and denser when baked with pulses. Try using red lentils or white beans in recipes for baked goods.



Skim Milk Powder

Protein, Calcium, Vitamin D*

Add it to biscuits, pancakes, hot chocolate, waffles, muffins, bread, mac and cheese, rice pudding, quiche, mashed potatoes, creamy casseroles, chowder, ice cream, or as a stabilizer for whipped cream.

Skim milk powder can be mixed with water as a substitute for fresh milk. Try using less water to make it more nutritious. *(*when fortified)*



Spinach/Kale

Vitamins K, A, Folate

Add it to smoothies, pesto, spinach-artichoke dip, hummus, sandwiches, strata, palak paneer, pasta (manicotti, lasagna), soups, salads, pizza, pasta sauce, burger patties, stews, or smoothies.

Puréed spinach/kale can add nutrients and moisture to baked products. Try replacing some of the liquid in the recipe with puréed spinach/kale.



Tofu

Protein, Iron

Add silken tofu to puddings, pie fillings, mousse, smoothies; add firm tofu to chili, curries, pad Thai, salads, or tacos.

Tofu can be scrambled or puréed. Try using scrambled tofu as a substitute for eggs, or puréed tofu as a substitute for cream in sauces and dips (e.g., Alfredo sauce, spinach dip).



Wheat Germ

Fibre, Vitamin E, Omega-3

Add it to yogurt, oatmeal, meatballs or meatloaf, smoothies, bread, muffins, granola or muesli, or as layers or toppings for parfaits.

Baking with wheat germ may dry out the texture of baked goods. Try increasing the amount of moisture in the recipe.