

# How Nutrition Needs Change As We Age

As we go through the different stages of life, our nutritional needs evolve as our bodies age with time.

This is completely normal and should be celebrated as you grow in wisdom, strength, and experience!



However, in order to maintain optimal health and wellbeing, it's important to not only be aware of your adjusting physiological needs, but to adjust your diet accordingly. Making adjustments helps to overcome concerns including a decrease in metabolism, alterations in body composition, and an increased risk of chronic illnesses.

Keep reading to discover what metabolic changes are on their way and how to combat them with the right nutrients for guaranteed wellness!

## Young Adulthood (Up to 30 Years Old)

As we move through young adulthood up to around age 30, our nutritional needs begin to shift. For example, adults require less calcium than children do, but they need more vitamin D to maintain strong bones and prevent osteoporosis.

It's also important to establish healthy eating habits during this time that can be maintained throughout life. Young adults should focus on consuming a balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats.

## Middle Adulthood (31-50 Years Old)

As we enter middle age, our bodies begin to experience even more changes that affect our nutritional needs. For example, our metabolism slows down, which means that we may need to consume fewer calories in order to maintain a healthy weight. We may also need to consume more protein to help preserve muscle mass, which naturally declines as we age.

In terms of carbohydrate requirements, those in this age range may benefit from consuming more complex carbohydrates, such as whole grains, fruits, and vegetables. This is because complex carbohydrates contain fiber, which helps to slow down the absorption of sugar into the bloodstream and can help regulate blood sugar levels.

When it comes to fats, the type of fat consumed becomes more important than the total amount. As individuals age, it is recommended to consume more unsaturated fats, such as those found in nuts, seeds, and fatty fish, and limit the intake of saturated and trans fats, which can increase the risk of developing heart disease.

## Older Adulthood (51 Years and Over))

As we move into our senior years, our nutritional needs may change yet again. During these golden years, our bodies require fewer calories due to a decrease in metabolism and physical activity. However, we still need to consume the same amount of nutrients, if not more in certain areas. For instance, older adults may need to consume more protein to maintain muscle mass and bone health. Older adults may also require more fiber to maintain healthy digestion, along with additional nutrients like vitamin B12, which is often harder for the body to absorb as we age.

In addition, many of those in this age range experience a decline in insulin sensitivity and glucose tolerance, which may require a reduction in carbohydrate intake to maintain healthy blood sugar levels. Thus, carbohydrates from whole grains, fruits, and vegetables are recommended over refined carbohydrates.

Similarly, fat intake may need to be adjusted in order to prevent or manage chronic health conditions such as heart disease, high blood pressure, and high cholesterol. It is important for individuals in this age group to prioritize consuming unsaturated fats such as those found in fish, nuts, and vegetable oils, as they have been shown to improve heart health and cognitive function. Saturated and trans fats should be limited to reduce the risk of developing chronic diseases.

## Maintain A Balanced Diet With The FASTer Way!

To ensure that we are meeting our nutritional needs at every stage of life, it's essential to eat a well-balanced diet consisting of whole foods that provide a variety of nutrients in the proper amounts for your body and your age range. At the FASTer Way, we identify your specific nutritional needs based on individual health status and age-related changes.

By prioritizing proper nutrition throughout our lives, we can promote optimal health and wellbeing for years to come.

Ready to start eating SMART and burn more fat than ever before without depriving yourself?

Through the FASTer Way we'll help you to find out what foods you should be eating and combine other wellness strategies, like guided 30-minute workouts, daily meal plans, and more, for a fitness journey you simply can't fail at!