



Aging Healthfully Newsletter

Illinois Department on Aging



American Heart Month

Signs and symptoms of heart disease are easy to overlook if you are not listening to what your body and your heart is telling you.

Heart disease ranks at the top of the list of leading causes of death in the U.S. and is the leading cause of death in women across all races, ages, shapes, and sizes.

Eating a healthy diet and staying physically active are the two best tools in your toolbox to prevent heart disease and reduce complications if you already have it.

Symptoms of heart disease in women are often different than what men experience. For example, women are less likely to have chest pain when having a heart attack compared to men.

Risk Factors for Heart Disease:

- Having high cholesterol
- Having high blood pressure
- Smoking
- Having diabetes or prediabetes
- Being overweight or obese
- Leading an unhealthy lifestyle
- Having an unhealthy diet
- Being physically inactive
- Family history of early heart disease
- Age (55 years and older for women)

Symptoms of a Heart Attack in Women:

- Dizziness
- Nausea
- Fatigue
- Chest pain (not always a symptom in women)
- Pressure or tightness in the chest
- Stomach pain

Make Positive Changes Today for Your Heart Health:

- Be physically active every day – every little bit helps.
- Eat a healthy balanced diet like the 2020-2025 Dietary Guidelines for Americans recommends (see page 2).
- Keep your appointments with your doctor to check your heart health numbers (e.g. cholesterol, blood pressure).
- Aim for a healthy weight – talk with your doctor or a registered dietitian about where you are at and how to work towards and maintaining a healthy weight.
- Improve your sleep and reduce stress – exercise has shown to help with both!
- Stop smoking.

2020-2025 Dietary Guidelines for Americans

Make Every Bite Count with the Dietary Guidelines



The 4 Principal Guidelines:

- 1. Follow a healthy dietary pattern at every life stage.** From infancy to older adulthood—it is never too early or too late to eat healthfully.
- 2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.**
- 3. Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.**

The core elements that make up a healthy dietary pattern include:

- Vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
- Fruits, especially whole fruit
- Grains, at least half of which are whole grain
- Dairy, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
- Protein foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, including vegetable oils and oils in food, such as seafood and nuts

4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits.

A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages.

Limits are:

- Added sugars—Less than 10 percent of calories per day starting at age 2. Avoid foods and beverages with added sugars for those younger than age 2.
- Saturated fat—Less than 10 percent of calories per day starting at age 2.
- Sodium—Less than 2,300 milligrams per day—and even less for children younger than age 14.
- Alcoholic beverages—Adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men and 1 drink or less in a day for women, when alcohol is consumed.

2020-2025 Dietary Guidelines for Americans

Healthy U.S. Style Eating Pattern Recommendations for Older Adults

Calorie Level of Pattern	1,600	1,800	2,000
Food Group	Daily Amount of Food from each group (Vegetable & protein foods subgroup amounts are per week)		
Vegetables	2 c-eq	2 ½ c-eq	2 ½ c-eq
Dark-green vegetables (c-eq/wk)	1 ½	1 ½	1 ½
Red & Orange vegetables (c-eq/wk)	4	5 ½	5 ½
Beans, Peas, Lentils (c-eq/wk)	1	1 ½	1 ½
Starchy vegetables (c-eq/wk)	4	5	5
Other vegetables (c-eq/wk)	3 ½	4	4
Fruits	1 ½ c-eq	1 ½ c-eq	2
Grains	5 oz-eq	6 oz-eq	6 oz-eq
Whole grains (oz-eq/day)	3	3	3
Refined grains (oz-eq/day)	2	3	3
Dairy	3 c-eq	3 c-eq	3 c-eq
Protein Foods	5 oz-eq	5 oz-eq	5 ½ oz-eq
Seafood (oz-eq/wk)	8	8	9
Meats, poultry, eggs (oz-eq/wk)	23	23	26
Nuts, seeds, soy products (oz-eq/wk)	4	4	5
Oils	22 gm	24 gm	27 gm

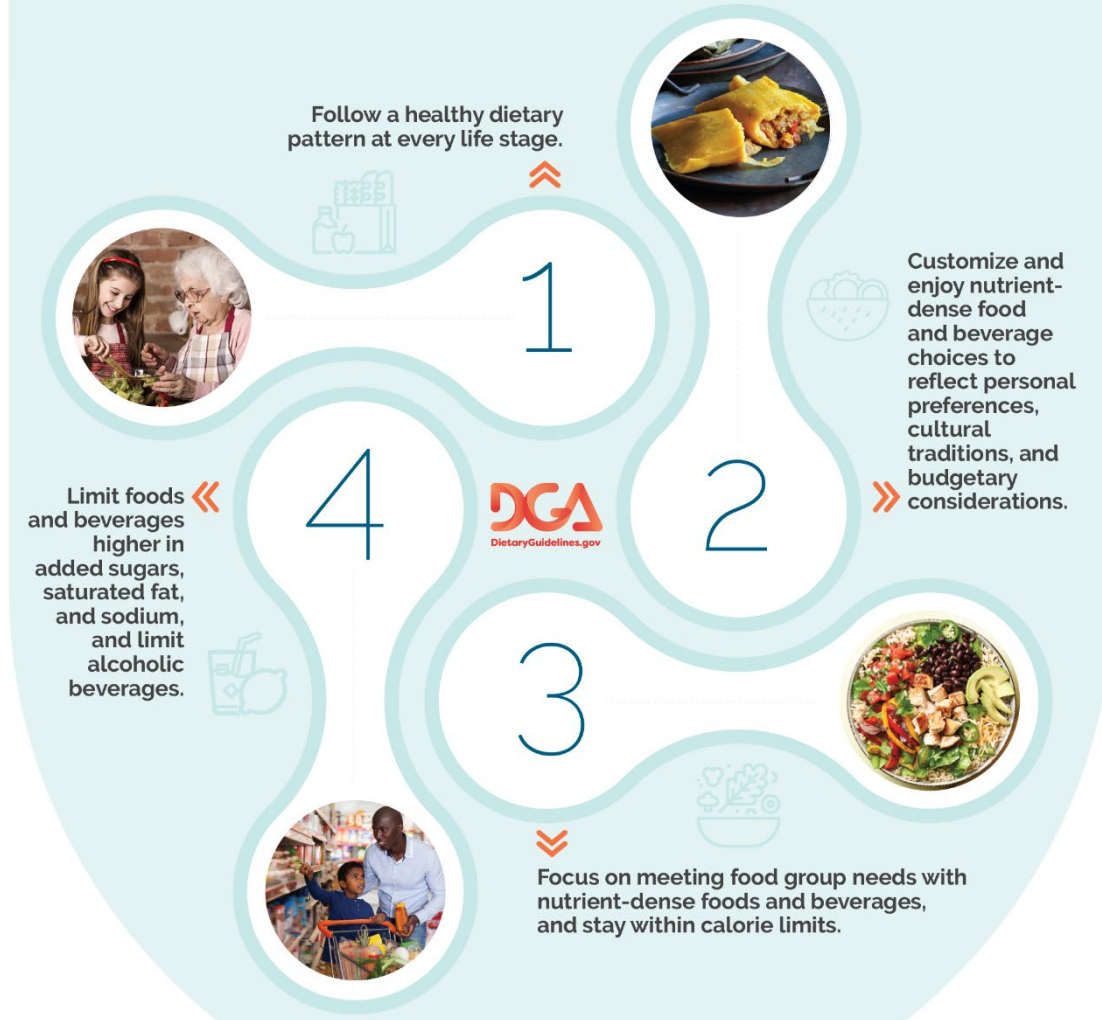
Older adults age 60 and older require about 1,600 to 2,600 calories per day depending on their physical activity level and other factors.

The main changes to this meal pattern from 2015-2020 Dietary Guidelines for Americans (DGA) to the 2020-2025 DGA:

- The vegetables subgroup was formerly listed as “Legumes” and is now called “Beans, Peas, Lentils,” but the foods within this subgroup remained the same.
- The protein foods subgroup for Seafood changed from 8oz eq/week to 9oz equivalents per week at the 2000 calorie level.

The Guidelines

Make every bite count
with the *Dietary Guidelines for Americans*. Here's how:



Attachments:

- 25 Ways to Take Part in Heart Month (NIH)
- 28 Days Toward a Healthy Heart (NIH)
- Taking Care of Our Hearts, Together
- DGA 2020-2025 Customizing the Dietary Guidelines
- DGA 2020-2025 Infographic: Make every bite count with the DGA
- The Dietary Guidelines for Americans Can Help You Eat Healthy to Be Healthy
- Recipes: Crockpot Chicken Fajitas; Café Mocha Smoothie

References:

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth/listen-to-your-heart>
<https://www.dietaryguidelines.gov/>

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<https://www2.illinois.gov/aging/programs/nutrition/Pages/nutrition.aspx>

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