



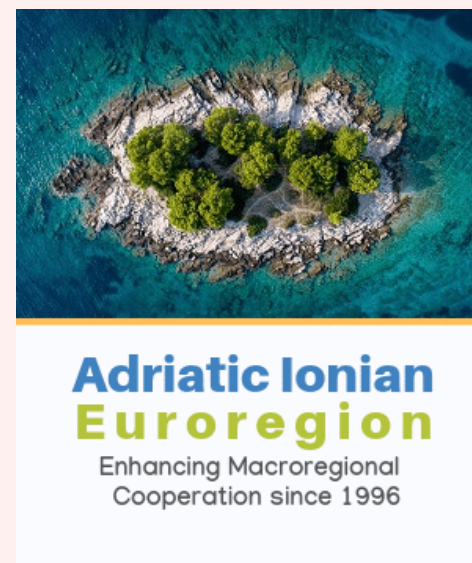
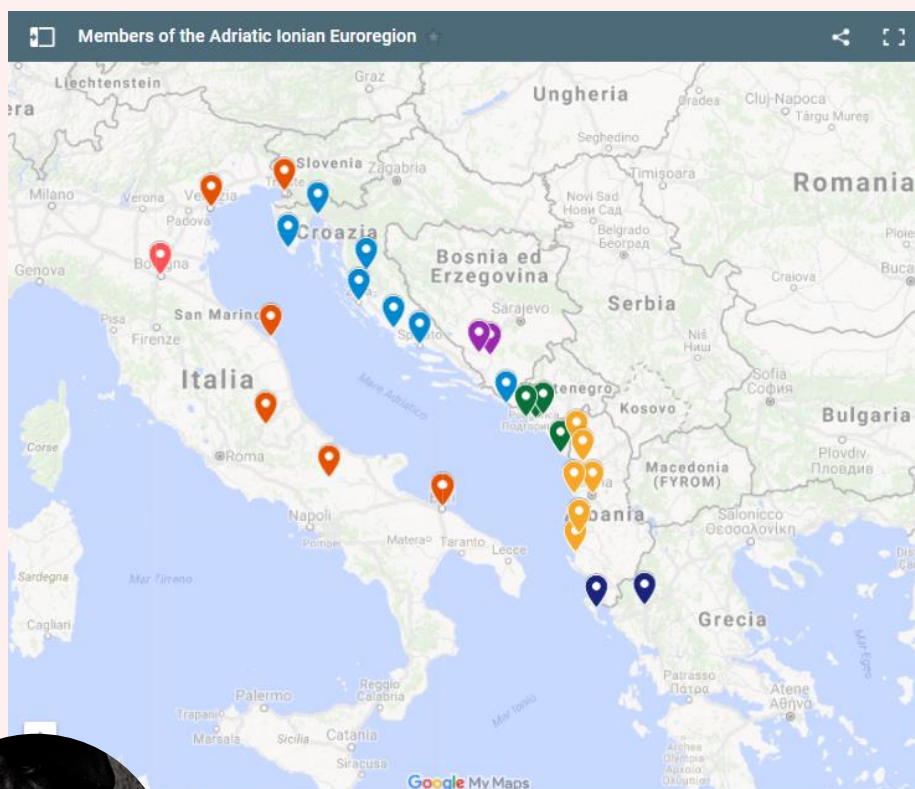
"Uloga prehrane kao potpora zdravom starenju: savjeti za poduku"

ProADAS projekt

Erasmus+ 2018-1-CY01-KA204-046895



Institucionalna mreža osnovana u Puli Institutional (Hrvatska) 2006. godine s ciljem promocije transnacionalne i interregionalne suradnje u Jadransko-jonskom bazenu



33 ČLANICE

Regionalni i lokalni članovi

6 ZEMALJA

IT • HR • BA • ME • EL • AL

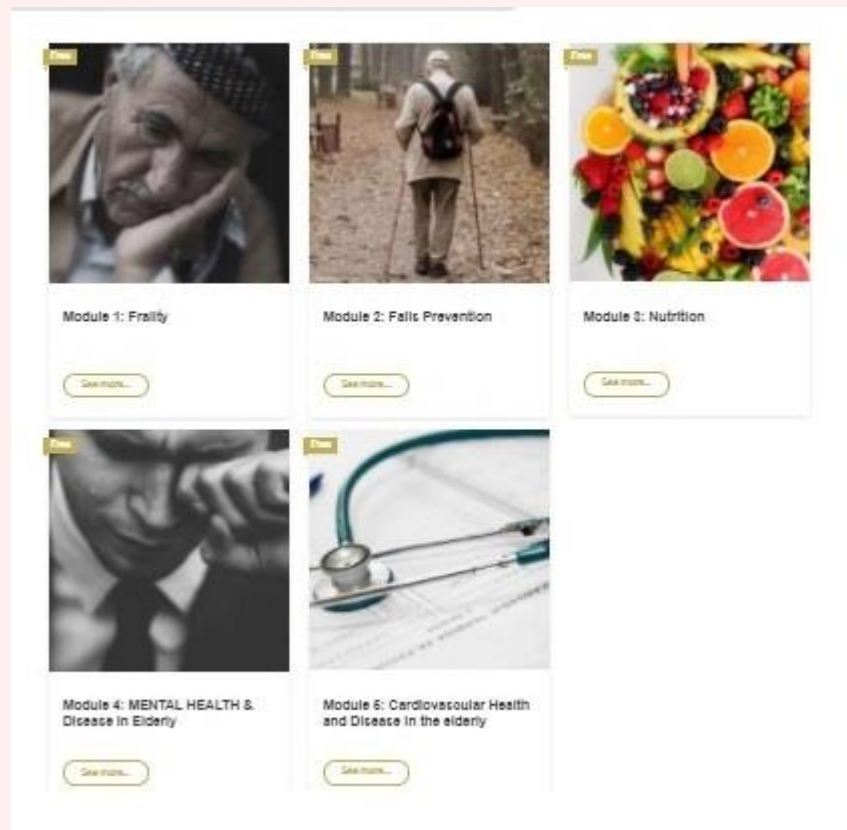




proADAS on-line moduli za učenje

Tehnološki sadržaji sa bitnom **pedagoškom** podlogom.

- Otvoreni edukacijski sustav (registracija na platformi)
- Usmjeren na korisnika
- Interaktivan pristup
- Učenje baziranom na istraživanju
- Učenje bazirano na rješavanju problema
- Alati za samoocjenu (upitnik)



<http://proadas.eu/online-learning/>



Zašto modul o prehrani?

Stariji građani su ekstremno izloženi riziku od pothranjenosti zbog:

- Metabolizam – i apetit – s godinama se usporava
- Manji unos kaloprija znači manju priliku za unos nutrijena
- Sposobnost tijela da apsorbira hranjive tvari (posebice specifično važne nutrijente) se smanjuje s godinama

Utjecaj prehrane na:

- Funkcioniranje organa
- Funkcioniranje mozga
- Upravljanje kroničnim bolestima
- Imuni sistem
- Mišiće i zdravlje kostiju





proADAS on-line modul o prehrani

- **Osnovni principi prehrane starijih osoba**
- **Dobre prakse (kategorije hrane, sadržaj nutrijenata)**
- **Izrada zdravih planova prehrane** za starije osobe i sa različitim kliničkim stanjima.

Lekcija 1: Prehrana I proces starenja

Lekcija2: Prehrana I bolesti

Lekcija 3: Mišićna masa i prehrana

Lekcija 4: Prehrana, njegovatelji i zajednica

Tema 1. Činjenice vezane uz starenje populacije

Tema 2. Definicija komponenti glavnih prehrambenih skuina



Let's have a closer look on those elements from EatWell Plate:

1. **Fruits and vegetables** – these are very important in making a diet healthy. Fruits and vegetables provide fibre, essential vitamins and minerals, and different fruits and vegetables contain different essential nutrients.
2. **Carbohydrates** – this food group includes bread, rice, pasta, potatoes and other starchy foods. Carbohydrates provide a good source of energy, so eating a variety should be encouraged.
3. **Milk and dairy products** – foods in this group provide calcium and vitamin D, which help keep bones healthy and prevent risk of fractures. Yoghurt, cheese and milk are all good sources of calcium.
4. **Protein** – meat, fish, eggs, beans provide us with protein which are needed for development and repair. Protein can help in maintaining muscle mass. These foods also provide other essential nutrients, such as iron, zinc, B vitamins, vitamin D. Eating oily fish, like tuna, mackerel will also provide omega 3 fatty acids.
5. **Fats and oils** – dietary fat is an essential part of the diet as it provides us with essential fatty acids and helps us to absorb vitamins such as vitamin A, D, K and E.
6. **Fibre** – to keep bowels healthy and prevent constipation, older adults should include an adequate amount of fibre in their diets.
7. **Zinc** – is required for the maintenance of a healthy immune system and is most commonly found in meat, shellfish, wholemeal bread and pulses.
8. **Vitamin D** – helps the body to absorb calcium thus slowing the rate of calcium loss from bones. Vitamin D is also important to maintain muscle.
9. **Iron** – is essential for maintaining healthy blood. Iron deficiency can be common in older adults due to blood loss, nutritional deficiencies, medications, cancer therapies, and poor absorption.

★ Eating foods that support our health offers benefits throughout life – but, especially as we get older! Therefore, it's recommended that older adults consume a varied diet which incorporates protein, carbohydrates, fruits, vegetables and dairy products.

Tema 3. Nove tehnologije za izbalansiranu i bogatu prehranu

YUKA Aplikacija

Nutrijenti – prezentacija o hranjivim tvarima

<http://www.eatingwell.com/>

<https://www.eating-better.org/>

<http://www.mangerbouger.fr/PNNS>

Tema 1. Loša prehrana u starijoj dobi & rizik od bolesti

Tema 2. Glavni uvjeti koji imaju učinka na zdravlje

Tema 3. Važnost prehrane za mentalno zdravlje i fizičku spremnost

Varied causes: physical, social, mental and emotional

- Muscle weakness => loss of appetite
- Medication which affects taste & smell or digestion
- Cognition problems => difficulty to recognize hunger
- Isolation and loneliness may affect nutrition


Malnutrition in older adults is often overlooked or underestimated!

Definition: when the body does not get the right amount of vitamins, minerals & other nutrients

- over-nutrition
- under-nutrition

Indicators of malnutrition

- Weight loss
- Tiredness
- Loss of energy
- Altered mood
- Loss of appetite



→

TODO:

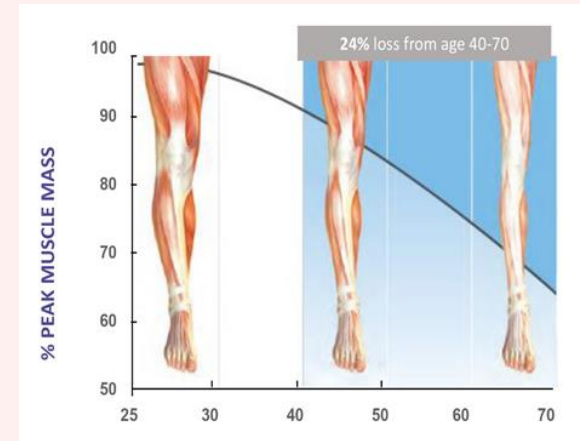
- Seeking advice from a doctor
- Treatment plan (e.g. six small meals a day, whole milk or dairy products, oral nutritional, vitamin or mineral supplements etc.)
- Monitoring
- Social care (providing assistance)
- Nutrition education

Lekcija 3

Tema 1. Veza između gubitka mišićne mase i unosa hranjivih tvari

Tema 2. Glavni rizici gubitka mišićne mase

Tema 3. Što možemo učiniti da smanjimo gubitak mišićne mase



Recommended recipes

- Orange and lemon veal roast
- Greek lamb ribs
- Tuna steak with sesame seeds
- Chicken trunks with basmati rice
- Rabbit with apples
- Chestnut-filled capon
- Turkey meatballs with beer
- Chicken breast with aromatic herbs
- Pork and lime skewers with avocado
- Cake of provencal cod



Lekcija 4



Tema 1. Usluga socijalna skrbi I brige u zajednici

Tema 2. Kako koristiti obroke za bolji socijalni kontakt - smjernice

Tema 3. Aplikacije I postojeći resursi (mrežne stranice, digitalni izvori)

Aplikacija o mediteranskoj prehrani Mdiet :

[https://play.google.com/store/apps/details?id=it.milkmaid.mdiet & RDID = it.milkmaid.mdiet](https://play.google.com/store/apps/details?id=it.milkmaid.mdiet&RDID=it.milkmaid.mdiet)

Podjetnici za pijeње vode:

<https://play.google.com/store/apps/details?id=com.northpark.drinkwater&hl=it&rdid=com.northpark.drinkwater>

Zajedno sa sadržajima i izvorima (posebice aplikacijama) svi proADAS alati predstavljaju neformalne materijale za učenje (video, on-line članke, pdf) koji mogu pomoći starijim građanima te njihovim učiteljima da prezentirane informacije prave na lak i pristupačan način, istovremeno razvijajući svoje digitalne vještine

<https://www.youtube.com/watch?v=1PtVPWwuxz8>

<https://www.youtube.com/playlist?list=PLWVg00myqsFZOBg7CSFeqGPRurVrppYWP>

<https://www.youtube.com/watch?v=KNYgbN9SIfk>

<http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/932.pdf>

<https://www.lanutrition.fr/bien-dans-son-assiette/les-nutriments>

<http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/941.pdf>

REFERENCE

1. Ferry M. Nutrition, vieillissement et santé. *Gérontologie et société* 2010/3 (vol. 33 / n° 134); 123-132.
2. Coutaz M, Morisod J. *Rev Med Suisse* 2001 (vol. 3. 21500)
3. Santé publique France. Programme national nutrition santé – édition 2015
<http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/932.pdf>
4. Guide des nutriments <https://www.ianutrition.fr/bien-dans-son-assiette/les-nutriments>
5. Santé publique France. Guide nutrition pour les aidants des personnes âgées – édition 2015
<http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/941.pdf>
6. Beasley JM, Shikany JM, Thomson CA. The Role of Dietary Protein Intake in the Prevention of Sarcopenia of Aging Nutrition. *Clinical Practice* 2013;28:684-90.
7. Mosoni L, Patureau Mirand P, Houlier ML, et al. Agerelated changes in protein synthesis measured in vivo in rat liver and gastrocnemius muscle. *Mech Ageing Dev* 1993;68:209-20.
8. Rieu I, Balage M, Sornet C, et al. Leucine supplementation improves muscle protein synthesis in elderly men independently of hyperaminoacidaemia. *J Physiol* 2006;575:305-15.
9. Houston DK, Nicklas BJ, Ding J, et al. Dietary protein intake is associated with lean mass change in older, community-dwelling adults: the Health, Aging, and Body Composition (Health ABC) Study. *Am J Clin Nutr* 2008;87:150-5.
10. Morais JA, Chevalier S, Gougeon R. Protein turnover and requirements in the healthy and frail elderly. *J Nutr Health Aging* 2006;10:272-83.
11. Boirie Y, Dangin M, Gachon P, et al. Slow and fast dietary proteins differently modulate postprandial protein accretion. *Proc Natl Acad Sci USA* 1997;94:14930-5.
12. Dardevet D, Rémond D, Peyron MA, et al. Muscle wasting and resistance of muscle anabolism: the "anabolic threshold concept" for adapted nutritional strategies during sarcopenia. *ScientificWorldJournal* 2012;2012:269531.
13. Gryson C, Walrand S, Giraudet C, et al. "Fast proteins" with a unique essential amino acid content as an optimal nutrition in the elderly: Growing evidence. *Clinical Nutrition* Sept 2013. [Epub ahead of print]
14. Scott D, Blizzard L, Fell J, et al. Associations between dietary nutrient intake and muscle mass and strength in community-dwelling older adults: the Tasmanian Older Adult Cohort Study. *J Am Geriatr Soc* 2010;58:2129-34.
15. Wall BT, Hamer HM, de Lange A, et al. Leucine co-ingestion improves post-prandial muscle protein accretion in elderly men. *Clin Nutr* 2013;2:412-9.

Special Thanks to Dr. Mino Cosimo Dentizzi geriatra dir. Center of Dementia and Cognitive Disorders ASReM, Campobasso (Italy) for his kind support .



Hvala na pažnji!

Maria Luisa Esposito, Voditelj odjela za EU I istraživanje

ml.esposito@adriaticionianeuroregion.eu
secretariat@adriaticionianeuroregion.eu

Sjedište I glavni ured: Flanatička 29, 52100 – Pula, Croatia
Tajništvo: Via Crispi 1/E, 86100, Campobasso, Italy

www.adriaticionianeuroregion.eu