

FEED TO BEAT

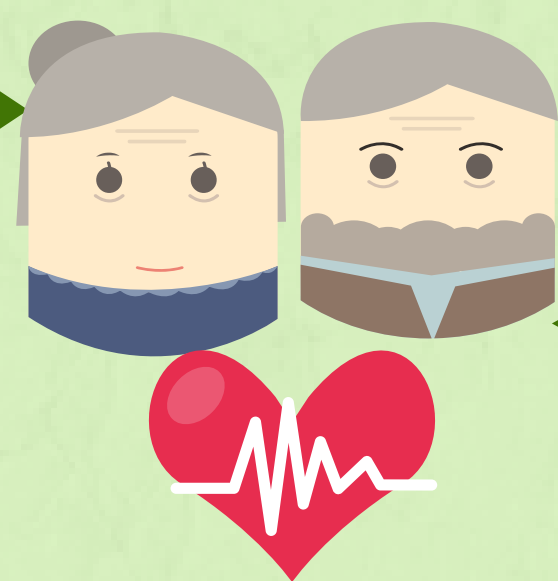
Nutrition Concerns for Seniors

Issue

Majority of the lunch program guests are seniors. GNH wants to ensure the seniors who access their services are consuming adequate amounts of nutrients

What is Gordon Neighbourhood House?

A food-focused, place-based community organisation in the West End of Vancouver, that nourishes the community through the facilitation of intercultural exchange and dialogue, community capacity-building, and community development (Gordon Neighbourhood House, 2017).



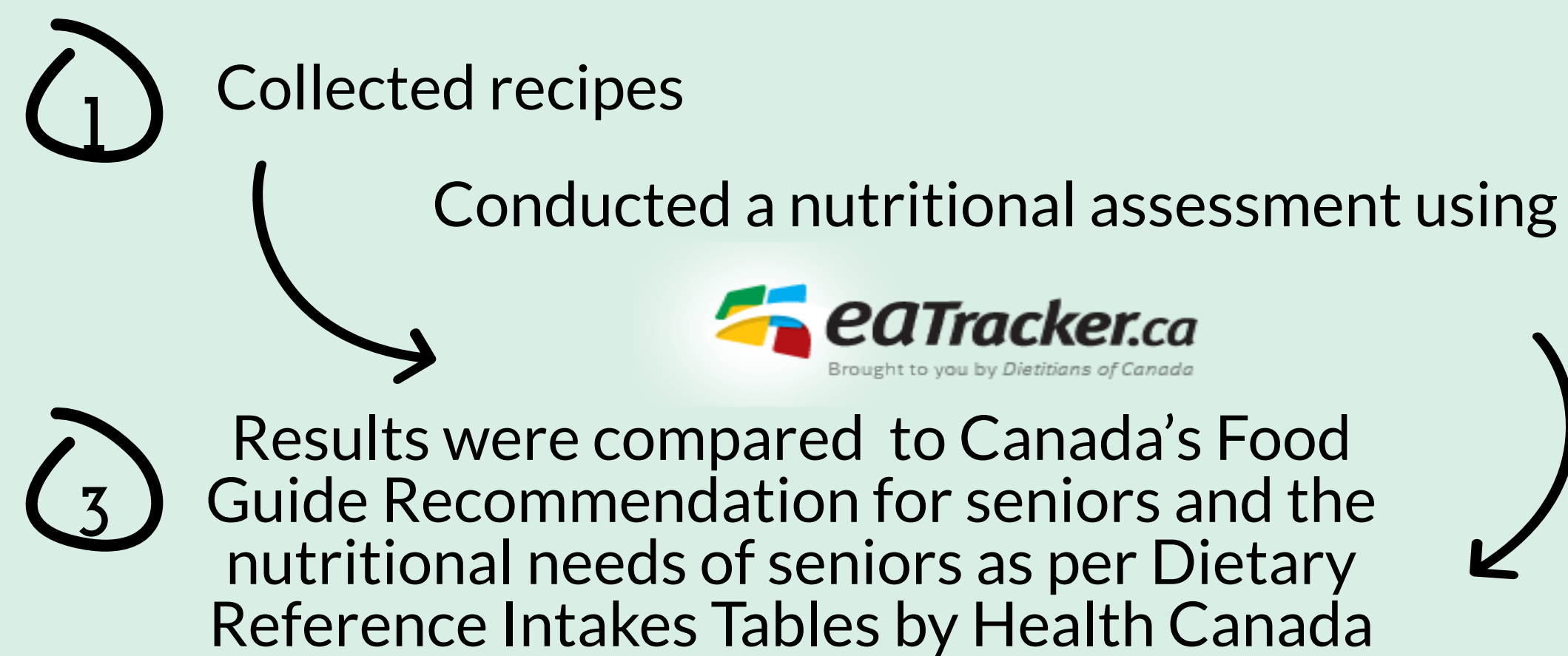
Why it matters:

Seniors in particular have specific dietary needs. It is harder to reach their nutritional needs for a healthy lifestyle due to diminished bodily functions.

Our Objective:

Evaluate the nutritional quality of recipes and provide suggestions to eliminate nutritional gaps in their menu

Our Approach:



What we found:

Food Group Servings*:

Fruits & Vegetables

Grains

Dairy & Alternatives

Meat & Alternatives

*Based on males years 55+

6 Recipes Analyzed:

5 Wednesday "Pay What You Can" Nourish Bowl

1 three-course Tuesday

Strengths:

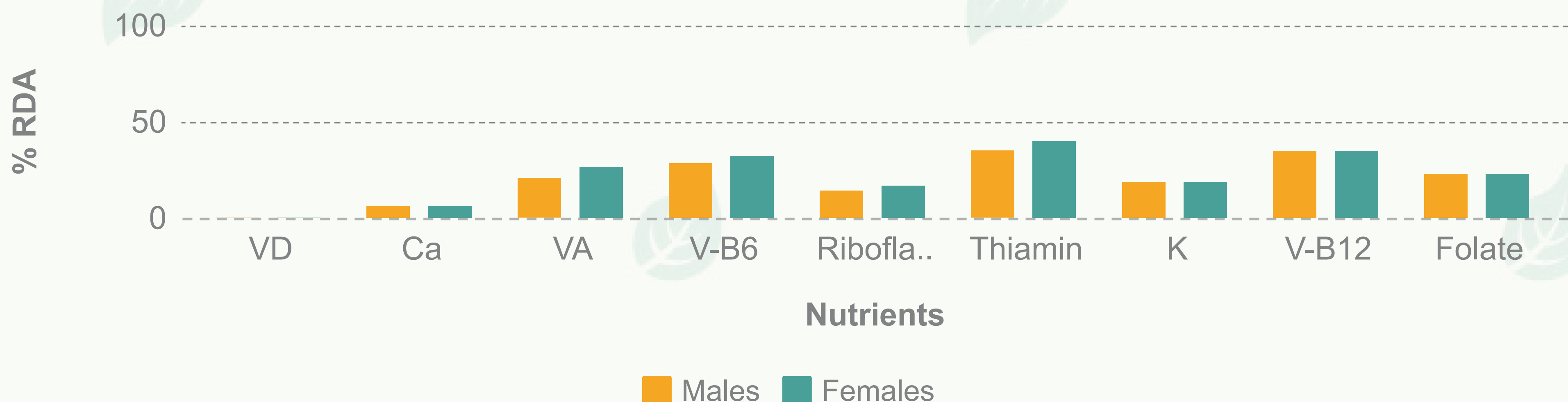
High in fruits and vegetables

Limitations:

Lack Grains, Meat & Alternatives, and Dairy & Alternatives

Low in Vitamin D, Calcium (Ca), Vitamin A, Vitamin B6, Riboflavin, Thiamin, Potassium (K), Vitamin B12, Folate

% RDA of Nutrients of Concern in GNH lunches



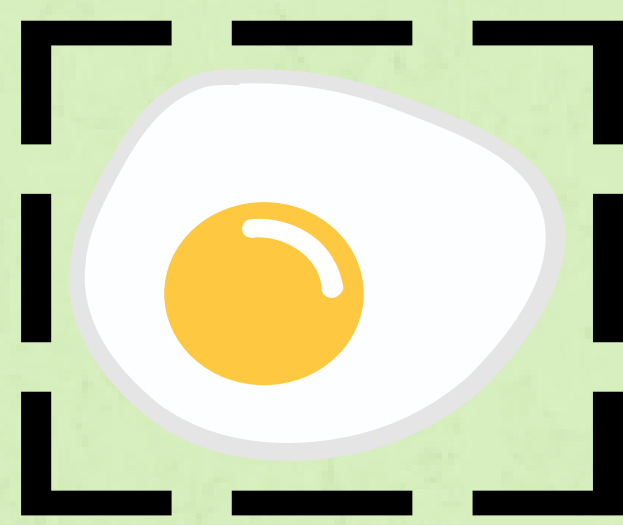
An average of each nutrients and food group from the 6 recipes were taken to determine how much of each food group the meals contained and what level of the Recommended Daily Allowance (RDA) each nutrient has met.

Suggestions & Implications



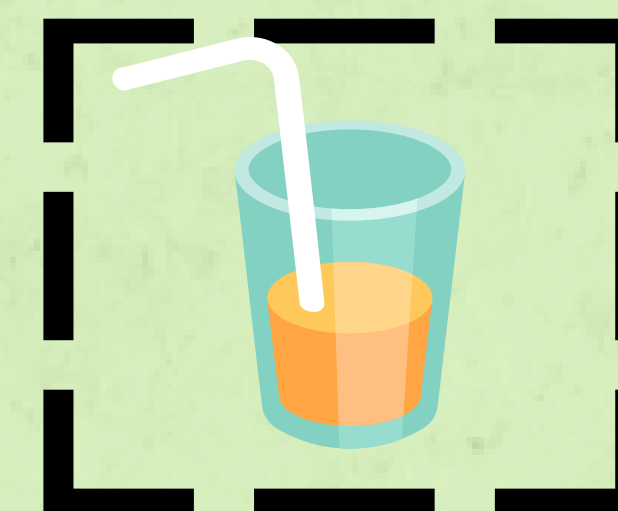
CALCIUM PREPARED TOFU (100g)
Protein (16%)
Calcium (35%)
Iron 30%

KALE (100g)
Vitamin K (881%)
Vitamin A (199%)
Folate (35%)
Potassium (14%)



EGG (boiled, 100g)
Vitamin B12 (18%)
Protein (26%)
Riboflavin (13%)
Vitamin D (21%)

MILK (2%, 1 cup)
Protein (16%)
Calcium (29%)
Riboflavin (38%)



FORTIFIED ORANGE JUICE (1 cup)
Calcium (35%)
Vitamin D (25%)
Folate (15%)
Thiamine (10%)

These foods are considered excellent sources (>10% Daily Value) of each nutrient listed underneath.



Incorporating more these common food items can help address these nutrition concerns

Check out our blog for more info

<http://blogs.ubc.ca/lfs350lunchmenu/>

Acknowledgements

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Canada, H. (2016). Percent daily value. Retrieved November 26, 2017, from <https://www.canada.ca/en/health-canada/services/understanding-food-labels/percent-daily-value.html>

