



# THIS IS HOME FOR SENIOR LIVING RESIDENTS

# 5 FOCUS AREAS TO SUPPORT HEALTHY AGING

## Dining Solutions

## For Senior Living



This is Home is brought to you by Unilever Food Solutions to support the Senior Community. We believe that senior living homes should feel just like home. We offer support with senior well-being food menus, and much more. We aim to provide solutions that put wellbeing, at the core of what we do, for both Chefs and Residents. Our resources and tools are based off our core pillars: Growth, Mind and Body.

### GROWTH:

To empower, train and inspire chefs through our senior living expert culinary team, in the hopes of enhancing the mealtime experiences of residents.

### MIND:

To support the mental and physical well-being of senior through meaningful activities.

### BODY:

To care for the nutrition of each resident.

## 1. Nutrient Density is Essential

Maximize intake with nutrient dense foods and beverages

### NUTRIENT DENSITY

- Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium.
- The nutrient density and healthfulness of what people eat and drink often is largely determined by how a food item, dish or meal is prepared.
- Nutrient density is especially important for seniors in that they typically have lower calorie needs but the same or increased nutrient needs.

Our Team of Experts Includes Professional Chefs, Registered Dietitians and Marketing Support



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## 2. Address Important Nutrients

Incorporate foods containing under-consumed nutrients into meals and dietary plans

### ADDRESS IMPORTANT NUTRIENTS

- Inadequate intake of nutrient-dense foods and beverages leads to underconsumption of some nutrients and dietary components.
- Calcium, potassium, dietary fiber, and vitamin D are considered nutrients of public health concern because low intakes are associated with health concerns.
- Protein and Vitamin B12 are two additional nutrients that are important for older adults. Adequate protein can help prevent the loss of lean muscle mass. Vitamin B12 absorption can decrease with age.
- Older adults are encouraged to meet the recommendations for protein foods from both lean animal based and plant-based sources. Animal based protein is a common source of vitamin B12.

## 3. Increase Under-Consumed Foods

Vegetables, Fruits, Whole Grains, Dairy, Beans, Peas and Lentils



### ADEQUATE INTAKE OF UNDER-CONSUMED FOODS

Increasing under-consumed foods such as vegetables, fruits, whole grains, dairy and beans, peas and lentils can all help ensure a healthy eating pattern for older adults.

**Knorr**  
PROFESSIONAL

Knorr® Soup Du Jour can provide a delicious meal as a base when combined with a lean protein or plant-based protein and vegetables.

Did you know a variety of our soups provide at least ¼ cup of vegetables per serving making it a great addition to any menu?

## 4. Adequate Fluid Intake

Both foods & beverages can contribute to total fluid needs such as water, unsweetened tea, fruits, vegetables and low sodium soups.

### PROPER HYDRATION

- Proper hydration is essential to the functioning of the body.
- Water has a role in most of the organs in the body.
- Many older adults do not drink enough fluids to stay hydrated. This can be due to a variety of reasons including reduced sensation of thirst, concerns with bladder control or mobility.



### QUICK TIPS

- Low Sodium Broth based soups can be a great way to get both fluids in the day and a delicious meal.
- Vegetables such as tomatoes, zucchini and spinach each contain over 90% water and make tasty additions to most meals.
- Bake a variety of root vegetables with mayo, fresh herbs like rosemary and thyme and garlic for a tasty way to increase vegetable consumption.





## 5. Shift To Vegetable Oils

### REPLACE SATURATED FATS WITH MONO AND POLY-UNSATURATED FATS

- Oils are important to consider as part of a healthy dietary pattern as they provide essential fatty acids such as polyunsaturated and mono unsaturated fats.
- Commonly consumed oils include canola, corn, olive, peanut, safflower, soybean, and sunflower oils.

### Culinary Nutrition Inspiration

- Place emphasis on under-consumed nutrients in snacks. Offering snacks in between meals can add essential nutrients i.e. a spinach artichoke dip or apple chips
- Add a Plant-based dish as an option a few times a week or substitute half the animal-based protein with a plant-based protein i.e. casserole with chicken and white beans
- Use an easy to enjoy format like smoothies to incorporate under-consumed food groups like vegetables and fruits. Try adding brewed tea for an extra twist!



## HELLMANN'S REAL MAYONNAISE

OUR MAYONNAISE WILL HELP YOU CREATE TOP DISHES AND SIDE ITEMS WHILE KEEPING NUTRITION TOP-OF-MIND.

Hellmann's Real Mayonnaise can be part of an overall balanced diet, as it is made with plant-based oils with monounsaturated and polyunsaturated fatty acids with essential fats, such as omega-3 alpha linolenic acid (ALA).

\*Real Mayonnaise contains 660mg ALA per serving, which is 41% of the 1.6g Daily Value for ALA, 10g total fat and 1.5g saturated fat.



### COMMITMENT TO HEALTH AND WELL-BEING

At Unilever Food Solutions, we believe in the power of our brands to help improve the quality of people's lives. We aim to help people feel good, look good and get more out of life with brands and services that are good for them and good for others.

## Additional Ways To Support Healthy Eating

### ENJOYMENT OF FOOD:

Sharing meals with family & friends can increase food enjoyment and promote adequacy of dietary intake (virtual if needed).

### ABILITY TO CHEW OR SWALLOW FOODS:

Work closely with your experts at your facility to experiment with the preparation of foods from all food groups to help identify textures acceptable, appealing and enjoyable for older adults with difficulties chewing & swallowing.

### FOOD SAFETY:

Practicing safe food handling procedures is of particular importance for older adults due to a decline in immune system function that accompanies age and that increases the risk of foodborne illness.



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To help promote consumption, try hosting events around popular holidays or seasons. We've developed variety of supporting tools which are available on our website: [www.unileverfoodsolutions.us/chefinspiration/senior-living.html](http://www.unileverfoodsolutions.us/chefinspiration/senior-living.html)

Sources: Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition.