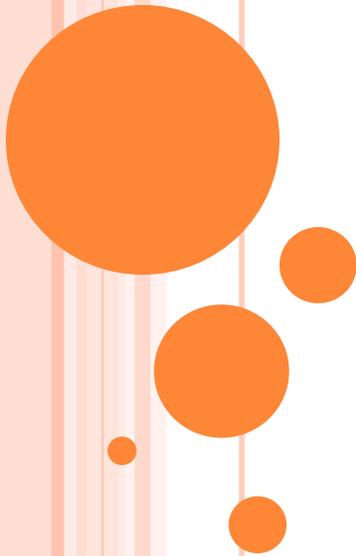


Nutrition: A Life Cycle Approach
HSC CC409: Unit 3
Semester: IV

NUTRITION DURING ADULTHOOD

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Adulthood, you might recall, is the period starting from 20 years of age extending through middle age to old age. This is the stable period in life when growth and development has been completed. The nutrients are required primarily for maintaining body structure and function.



For practical purposes you can consider adulthood as the period of time beginning from 25 years upto 60 years or more. After 60 years of age, the ageing process quickens. People **I over 60 are still adults, but they are older adults.**

As adults, your main concern is to **maintain your body** in good health. As you know already, during early adulthood **physical growth** and development stops. Therefore you need to supply adults with **sufficient nutrients** only to maintain body functions.

It is important to remember that as age increases, the metabolic rate slowly decreases, so that adults need less calories to meet the basal energy needs of the body. This is because, as your body grows older (ages), it is **renewing less cells** and tissues and therefore needs less energy to keep it going.

However, nutrition is of great importance still :

- 1) to maintain the body function and
- 2) to prevent the development of diseases such as **heart diseases, diabetes which may** occur due to faulty eating/dietary habits.
- 3) Age, occupation and level of activity can determine the nutrient needs of an adult.



Adulthood extends from the age of 25 to **60 years and more.**

Nutrient needs are only for maintenance since **growth** has already ceased. **Energy needs** and consequently requirements for **thiamin, riboflavin and niacin** will vary largely with energy expenditure. **Iron** requirements of **women** are higher than **men** because they lose some iron through their **menstrual period**. After menopause **iron requirements of women and men are similar**; physiological alterations in metabolism like **pregnancy and lactation do increase nutritional needs.**

Foods must be selected carefully, if you have to meet nutritional needs within a limited food budget.



THE PERIOD OF ADULTHOOD CAN BE DIVIDED INTO TWO STAGES — YOUNG ADULT AND OLD ADULT .



A person in the later years of adulthood representing the state when **tissue breakdown is excessive**. The body can no longer compensate for tissue loss adequately. Some changes in the **body structure and functioning** include **reduced basal metabolic rate, demineralization of bones, tissue breakdown and lowered efficiency of work** by vital organs like the kidney, gastrointestinal tract etc.

The nutrient need of adults (as discussed in the theory) are based on specific characteristics such as age, sex, activity level, income, socio-economic background, and region.

Some nutritional facts to remember:

- Adulthood there is cessation of growth and maturity is attained
- You require food mainly for maintenance of body tissues
- The RDA are expressed in terms of 'reference man' and 'reference woman'
- Fulfilling the RDA will make you healthy and keep diseases away.



FACTORS INFLUENCING NUTRIENT NEED OF ADULTS

Sex

Age

Income

Activity level



Early Childhood
autonomy vs. shame and doubt

Preschool
initiative vs. guilt

Infancy
trust vs. mistrust

School Age
industry vs. inferiority

Maturity
ego integrity vs. despair

Adolescence
identity vs. role confusion

Middle Adulthood
generativity vs. stagnation

Young Adulthood
intimacy vs. isolation

Stages of Psychosocial Development



THREE PHASES OF ADULTHOOD

Period	Significant Events
Early (young) Adulthood	<ul style="list-style-type: none">✓ Begins when adolescence reaches maximum height✓ Girls – age 20 yr✓ Boys – age 22 yr✓ Lasts until age 40 yr
Middle Adulthood	Ages 40-60 yrs
Late (old) Adulthood	Age 60 until death

EARLY (YOUNG) ADULTHOOD

- Begins in late teens/early 20s and lasts through the 40s
- Term for the transition from adolescence to adulthood that is characterized by experimentation and exploration
- Early adulthood is a time of:
 - ✓ establishing personal and economic independence
 - ✓ Identity exploration, especially in **love and work**
 - ✓ Instability; Self-focused
 - ✓ Feeling in-between



YOUNG ADULTHOOD PHYSICAL DEVELOPMENT

- Physical strength typically peaks in early adulthood (the 20's and 30's)
- Although **physical changes** are minimal during this phase , the **weight and muscle mass change** as a result of diet , exercise ,pregnancy and lactation.
- Growth and strength in early adulthood, then slow process of decline afterwards
- Decline affected by health and lifestyles



COGNITIVE DEVELOPMENT IN EARLY ADULTHOOD

- ❖ Piaget believed that the **formal operational stage (ages 11 to 15) is the highest stage of thinking**
- ❖ Adults gain knowledge, but ways of thinking are the same as those of adolescents
- ❖ Some researchers disagree with Piaget and believe that thinking in early adulthood becomes more realistic and pragmatic
- ❖ **Post-formal thought - thought that is**
 - ✓ Reflective and relativistic
 - ✓ Realistic, their idealism decreases
 - ✓ Emotion & subjective factors can influence thinking
 - ✓ Late adolescence to early adulthood is the main age window for wisdom (expert knowledge about the practical aspects of life that permits excellent judgment about important matters).



EMOTIONAL DEVELOPMENT IN EARLY ADULTHOOD

- ❑ In his theory of psychosocial development, Erikson described two fundamental themes that dominate adulthood: love and work
- ❑ During early adulthood, individuals enter Erikson's **intimacy versus isolation stage (developmental task of forming intimate relationships with others or becoming socially isolated)**
- ❑ Independence : separation from family of origin
 - ❖ Learn to function without using parents as major source of comfort, security, direction
 - ❖ Establish sense of “equality” with parents
 - ❖ Develop adult friendships



HEALTH PROMOTION GUIDELINES FOR YOUNG ADULTS

- ✓ • Health tests and screening :
- ✓ Routine physical examination. dental assessment. vision and hearing. breast self exam. testicular self exam, pap smear.
- ❖ screening for cardiovascular diseases. Safety.
- ✓ • Nutrition and exercise
- ✓ • Social interaction
- ✓ • Stress management techniques are essential.



While planning meals for older adults, you would have realized greater care needs to be taken. Certain problems like loss of teeth, loss of appetite, poor digestion and constipation effect nutrition in the elderly. How to overcome these problems? Section 2.4 presents handy guidelines on diet changes in old age. Follow these guidelines while planning diets for older adults.

How to deal with problems which may effect the nutrition in the elderly.

Loss of Teeth

- Give pureed food or mechanically soft or soft food. We have talked about these foods in the theory.
- Add liquids, gravy to food to make it soft so that chewing is easy.
- Give nourishing foods which need little chewing and are easy to digest e.g soups, porridge, milk based drinks.
- Avoid fruits/vegetable which are hard and have thick peels and seeds. Hard fruits can be stewed (boiled in a little sugar syrup) and softened before serving.

Serve soft well-cooked,
mashed or finely cut foods



❑ **Loss of Appetite**

- ✓ Serve attractive meals in pleasant surroundings.
- ✓ Increase the frequency of meals to 5/6 a day.
- ✓ Give enough time for the elderly to eat slowly
- ✓ Take into consideration the likes/dislikes of the elderly.

❑ **Poor Digestion and Constipation**

- Serve fresh fruits and vegetables which are not very hard and do not cause indigestion
- Serve cooked and not raw vegetables
- Include staples such as potato, tapioca, rice, suji. Restrict use of whole cereals/grains
- Do not serve fatty, fried foods
- Ensure adequate fluid intake, through tea, milk and fruit juices
- Avoid very strong flavoured and gaseous foods, e.g. rajmah, black gram and cabbage, radish turnips etc.
- Serve small meals

❑ **Tips to Ensure a Healthy Heart in Old Age**

- Cut down on sugar and fat intake
- Encourage consumption of vegetable oils rather than saturated fats such as ghee, butter, hydrogenated fat
- Avoid consumption of cholesterol rich foods like whole milk products, organ meat, egg yolk and cream and butter
- Include skimmed milk (milk from which the layer of cream on top removed) and lean meat (meat without fat) and white meat (fish and chicken) in the diet.
- Use pressure cooking, steaming and not frying.



Thank you

