

CHAPTER 15

NUTRITION DURING ADULTHOOD

OVERVIEW

This chapter begins by encouraging adults to follow the Food Guide Pyramid and Dietary Guidelines. The four stages of adulthood, life span and life expectancy are defined. The Graying of America and the nutrition related issues surrounding it are presented as a growing concern. Theories of aging are briefly discussed. The Looking Further section describes cancer, dietary risks and prevention strategies. Physiological changes that affect nutrient intake, absorption and use are described and suggestions are given for helping elderly achieve good nutritional status. Other factors such as medications, alternative medicine, depression and alcoholism and their roles in maintaining good nutritional status are discussed. A section on community nutrition services for older people focuses on the role of the federal government.