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**INDUSTRY STANDARD OF THE
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**Dietary guide for elderly adults
(English Translation)**

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Foreword

This standard was drafted in accordance with the rules given in GB/T 1.1-2009.

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1 Scope

This standard specifies the dietary guidelines for the elderly, the reference intake of energy and nutrients, and food choices.

This standard applies to dietary guidance for the elderly 65 years and older.

2 Terms and definitions

The following terms and definitions apply to this document.

Elderly adults

People 65 years and older.

Dietary nutrient reference intake Evaluate whether the dietary nutrient supply can meet the needs of the human body, whether there is a risk of excessive intake, and help prevent certain chronic non-infectious A set of reference values for sexual diseases, including. average requirement (EAR), acceptable range of macronutrients (AMDR), recommended intake (RNI), Appropriate intake (AI), tolerable maximum intake (UL), and recommended intake (PI).

Acceptable range of macronutrients the lower and upper limits of daily intake are proposed to prevent the deficiency of energy-producing nutrients while reducing the risk of chronic diseases.

Whole grain food

Among the food raw materials, whole grains are not less than 51% of the total food weight.

Nutritional supplement Vitamins, minerals and other products whose purpose is not to provide energy. Its role is to supplement the lack of supply in the diet, prevent nutritional deficiencies and Reduce the risk of certain chronic degenerative diseases.

Formula foods for special medical purposes in order to meet the special needs for nutrients or diet of people with restricted eating, digestion and absorption disorders, metabolic disorders or specific disease states, special Formula food prepared by door processing.

High quality protein Complete protein the essential amino acids contained are complete in variety, sufficient in quantity, and in proper proportions, which can not only maintain the health of adults, but also promote the growth and development of children.

Including animal protein and soy protein.

3 Dietary Guidelines for the Elderly

3.1

The food is diverse and reasonably collocation, which meets the requirements of a balanced diet.

3.2

The energy supply is adapted to the body's needs, eating dynamic balance, and maintaining a healthy weight.

3.3

Ensure the supply of high-quality protein, minerals and vitamins.

3.4

Cooking food is suitable for the elderly to chew, swallow and digest.

3.5

Eat a light diet and pay attention to food hygiene.

3.6

When food intake cannot meet the needs, reasonable nutrient supplements should be provided.

4 Reference intake of energy and major nutrients for the elderly

The intake of energy and main nutrients of the elderly are shown in Table 1 to Table 3.

5.1 Grain-based, coarse and fine collocation, moderate intake of whole grain foods

Ensure the intake of grains, cereals and potatoes. According to different levels of physical activity, daily intake of cereals is 250 g~300 g for men and women 200 g~250 g, of which the daily intake of whole grain foods or whole grains is 50 g~100 g, and the weight is matched.

5.2 Eat fish, poultry, eggs and lean meat frequently to ensure high-quality protein supply

The average daily intake of fish, shrimp and poultry meat is 50 g-100 g, eggs 25 g-50 g, and livestock (lean) 40 g-50 g. Guarantee excellent Quality protein accounts for 50% or more of the total dietary protein supply.

5.3 Appropriate intake of milk, soybeans and their products

Daily intake of 250 g ~ 300 g of fresh milk or an equivalent amount of dairy products. At the same time, 30 g~50 g soybeans or equivalent amount should be consumed daily Soy products (such as soy milk, tofu, dried tofu, etc.).

5.4 Eat plenty of vegetables and fruits, and eat more dark vegetables

Ensure a sufficient daily intake of fresh vegetables and fruits, pay attention to the variety of choices, eat more dark vegetables and cruciferous vegetables (Such as cabbage,, mustard greens, etc.). The recommended daily intake of vegetables is 300 g~400 g, of which dark vegetables account for half; daily fruit intake the recommended amount is 100 g~200 g.

5.5 Light diet, less oil and limited salt

The diet should be light, the average daily cooking oil consumption should be controlled within 20 g ~ 25 g, try to use a variety of vegetable oils. Reduce pickled food, every Daily salt intake does not exceed 5.0 g.

5.6 Take the initiative to drink water, mainly boiled water

Take the initiative to drink small amounts of water repeatedly to maintain the body's normal needs. Drinking water should decrease with age, it is recommended to drink water daily the amount is between 1.5 L and 1.7 L, mainly with warm plain water. The specific amount of drinking water should be adjusted according to personal conditions, at high temperature or above moderate During physical activity, you should appropriately increase the amount of water you drink.

5.7 If you drink alcohol, limit it

The alcohol content of daily drinking, males does not exceed 25 g, equivalent to 750 mL of beer, 250 mL of wine, or 75 g of 38° white wine, or high-grade liquor (above 38°) 50 g; women no more than 15 g, equivalent to 450 mL of beer, or 150 mL of wine, or 38° liquor 50 g. Elderly people suffering from liver disease, tumor, cardiovascular and cerebrovascular disease should not drink alcohol, and should not drink alcohol during treatment of the disease.

5.8 The food is soft, small and frequent to ensure adequate food intake Food should be soft, chopped and boiled. It is not suitable to provide foods that are too hard, large, brittle, and have many bones/spurs. Changing food through cooking and processing the texture and properties of the product are easy to chew and swallow. The number of meals should be a three-meal two-point system, each meal accounts for the total energy of the whole day. breakfast 20%-25%, Add 5% to 10% in the morning, 30% to 35% for lunch, 5% to 10% in the afternoon, and 25% to 30% for dinner. Ensure adequate food intake, non-liquid daily the total body food intake is not less than 800 g. Refer to Appendix A for the recommended food intake for the elderly with different energy requirements.

5.9 Eat happily, fresh and hygienic meals

Create a warm and pleasant dining environment and atmosphere, and help meals and elderly people in nursing homes should dine together. Family members and maintenance staff when needed Assist or accompany meals. The food is fresh and sanitary.

5.10 Reasonable supplementation of nutrition to prevent undernutrition

When dietary intake is insufficient, use nutritional supplements rationally. For the elderly who are at risk of malnutrition or nutrition, the clinical dietitian or Under the guidance of a