

BÖLÜM 1

YAŞLILARDA SAĞLIKLI BESLENME

Kardelen YOLDAŞ¹
Hülya YILMAZ ÖNAL²

GİRİŞ

Yaşlanma, yaşamın başlangıcından sonlanmasına kadar devam eden bir süreçtir. Zamana bağlı olarak, hastalık olmadan ortaya çıkan anatomik yapı fizyolojik işlev, sosyal ve psikolojik değişiklikleri içeren çok boyutlu bir süreçtir (1). Yaşlı yetişkinlerde fizyolojik ve metabolik değişimler nedeni ile .kardiyovasküler hastalıklar, osteoporoz, sarkopeni ve kanser türlerine yakalanma riski açısından genç yetişkinlere göre daha yüksek risk altındadır. Yaşam tarzı, fiziksel aktivite, beslenme düzeni ve besin seçimindeki değişimler yetersiz beslenmeye neden olarak hastalıklara yakalanma riskinde artışa neden olabilmektedir. Yaşlılıkta gözlenen bu hastalıklardan, yetersiz beslenmeden korunmada ve artan besin öğelerini karşılamada yeterli ve dengeli beslenme oldukça önemlidir. Yaşlılık döneminde kullanılan ilaçlarda kişilerin vitamin/mineral gereksinimlerini değiştirmektedir. Bazı vitamin ve minerallerin gereksinimi artarak beslenme durumunu etkilemektedir (2).

Yaşlılarda son yıllarda görülen obezite prevelasındaki artışı önlemek, diğer tüm yaş gruplarında olduğu gibi sağlığın korunması için önemlidir, ancak yaşlılarda sağlıklı yaşlanma için çok daha önemlidir. Sağlıklı vücut ağırlığının korunması, yeterli ve dengeli bir diyet ve yaşam tarzı değişikliği ile mümkündür. Yaşlılarda beslenme durumundaki iyiliğin korunması, hastalık gelişme riskinin geciktirilmesi ve azaltılmasına, fonksiyonel bağımsızlığın sürdürülmesine ve böylece sürekli bağımsız yaşamın desteklenerek kişinin sağlıklı bir şekilde yaşamasına katkı sağlayacaktır (3). Bu bölümde, yaşlılarda beslenmenin önemi, besin alımının etkileyen faktörler ve besin ögesi gereksinimleri ve besin gruplarına ilişkin bilgilere yer verilecektir.

¹ Arş. Gör., İstanbul Atlas Üniversitesi, kardelen.yoldas@gmail.com

² Doç. Dr. Öğr. Üyesi, İstanbul Medeniyet Üniversitesi, hulya.onal@medeniyet.edu.tr

Yaşlılarda Sağlıklı Beslenme

Tiamin (mg)	1.1	1.2	1.1	1.2	0,1 mg/ MJ	0,1 mg/ MJ	0.4 mcg / 1000 kcal	0.4 mcg/1000 kcal
Riboflavin (mg)	1.1	1.3	1.1	1.3	1.6	1.6	1.6	1.6
B6 vitamini (mg)	1.5	1.7	1.5	1.7	1.6	1.7	Veri bulunmamaktadır	Veri bulunmamaktadır
B12 vitamini (µg)	2.4	2.4	2.4	2.4	4.0	4.0	Veri bulunmamaktadır	Veri bulunmamaktadır
Folat (µg)	400	400	400	400	330	330	330	330

IOM önerisi enerji formülü;

a: Kadın: $[354- 6.91 (\text{yaş-yıl}) + \text{Fiziksel aktivite katsayısı } [9.36 (\text{vücut ağırlığı-kg}) + 726 (\text{boy uzunluğu-m})]$

b: Erkek: $[662- 9.53 (\text{yaş-yıl}) + \text{Fiziksel aktivite katsayısı } [15.9 (\text{vücut ağırlığı-kg}) + 539.6 (\text{boy uzunluğu-m})]$

*Linoleik asit

**Alfa-linolenik asit

***TE: tokeferol eşdeğeri

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