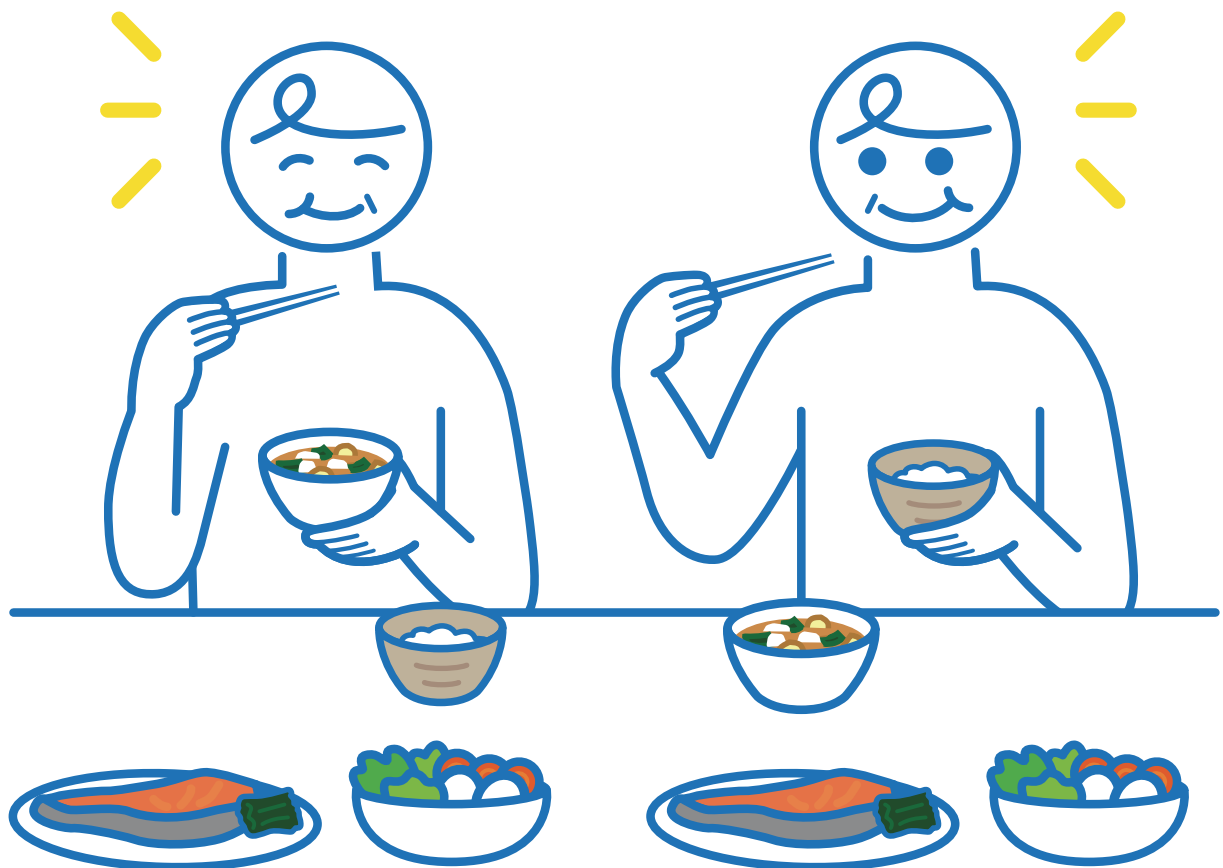
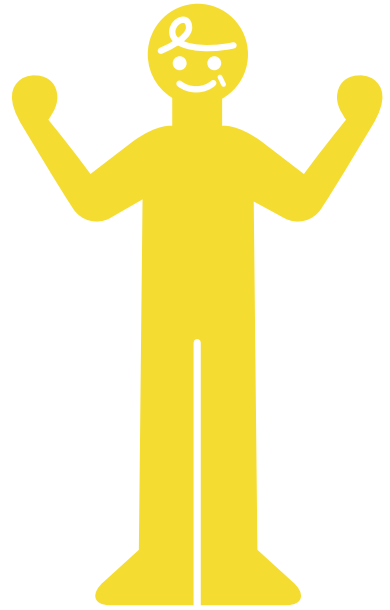
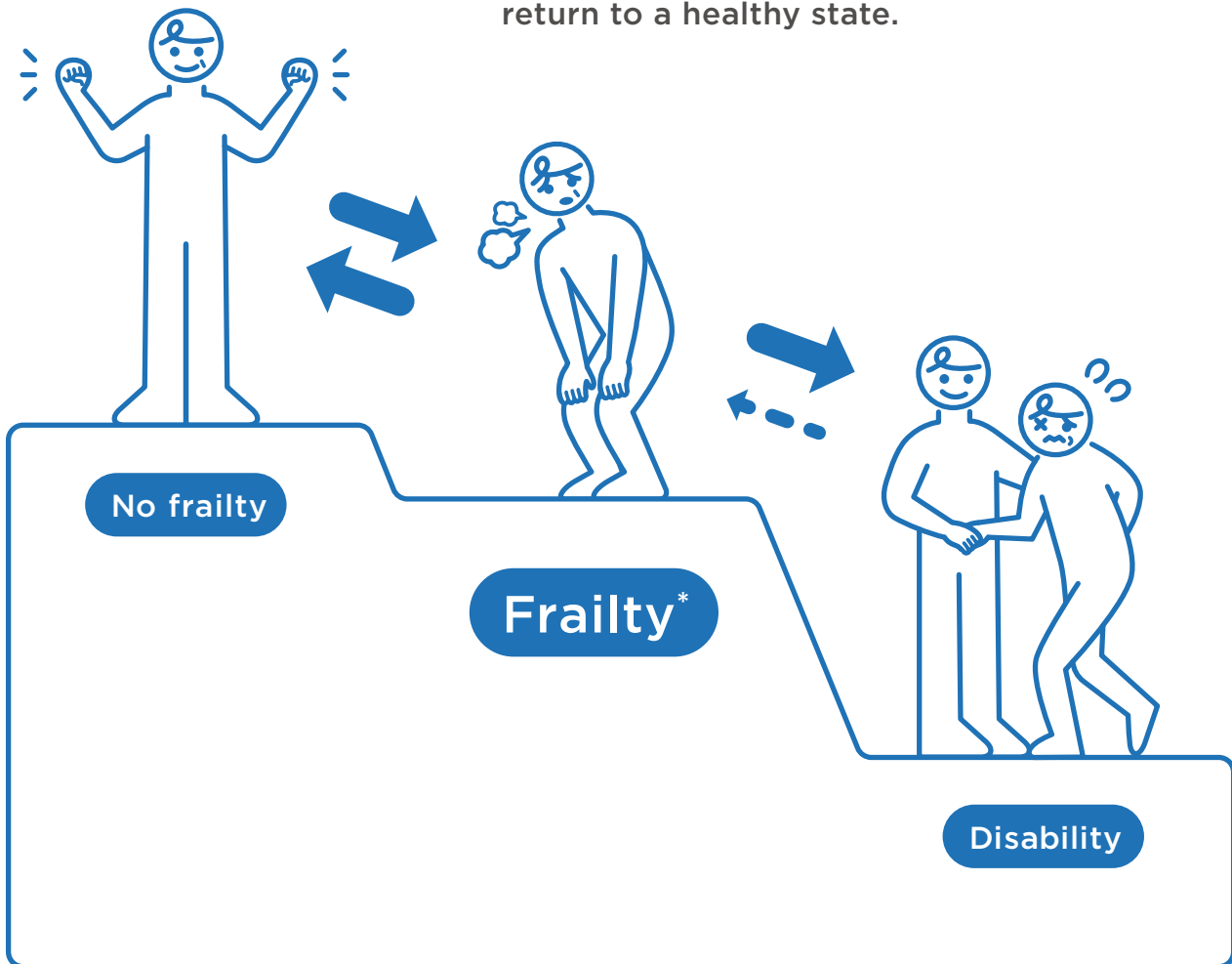


Eat well prevent frailty



What is frailty?

Frailty is a distinctive health state related to the ageing process in which multiple body systems, mind, body and social connections gradually lose their in-built reserves. If these signs are missed, the risk of disability increases. Therefore, **it is important to notice your frailty as soon as possible**, so that you can prevent the progression of frailty and return to a healthy state.



*Frailty is positioned as a pre-disability (pre-care dependency) stage of a condition that requires nursing care, but refers to patients in a high-risk situation that can lead to various health disorders, including disability and mortality. Such patients are not only physically vulnerable, they also tend to suffer from a multitude of problems, such as mental, psychological, and social vulnerabilities.

Clinical Guide for Frailty 2018, (The Japan Geriatrics Society and the National Center for Geriatrics and Gerontology, 2018)

Some of the indicators of frailty

- Loss of appetite
- Fatigue and listlessness without reason
- Unintentional weight loss

Do a self-check

Check regularly until all of your answers are on the **left**.

Health condition	Q1	What is your current state of health?	Good Somewhat good Normal	Not so good Bad
Mental health	Q2	Are you satisfied with your daily life?	Satisfied Somewhat satisfied	Somewhat dissatisfied Dissatisfied
Eating habits	Q3	Do you eat three meals a day regularly?	Yes	No
Oral function	Q4	Has it become difficult to eat hard foods compared to six months ago? <small>Hard foods : dried shredded squid, pickled <i>daikon takuan</i>, etc.</small>	No	Yes
	Q5	Do you choke when drinking water or soups?	No	Yes
Weight change	Q6	Have you lost more than 2 to 3 kg over a period of six months?	No	Yes
Exercise and falling	Q7	Does it feel like you walk slower than before?	No	Yes
	Q8	Have you experienced a fall over the last year?	No	Yes
	Q9	Do you exercise, such as walking, at least once a week?	Yes	No
Cognitive function	Q10	Has anyone around you mentioned that you have a tendency to forget things, such as repeating the same question?	No	Yes
	Q11	Do you ever lose track of the day of the month?	No	Yes
Smoking	Q12	Do you smoke?	No I quit	Yes
Social participation	Q13	Do you go out at least once a week?	Yes	No
	Q14	Do you usually interact with your family or friends?	Yes	No
Social support	Q15	Do you have someone nearby whom you can talk to if you are not feeling well?	Yes	No

Source : Guidelines for Healthcare Project Based on Characteristics of the Elderly 2nd Edition, Ministry of Health, Labor and Welfare (October 2019)

Beware of weight loss From preventing metabolic syndrome to preventing frailty

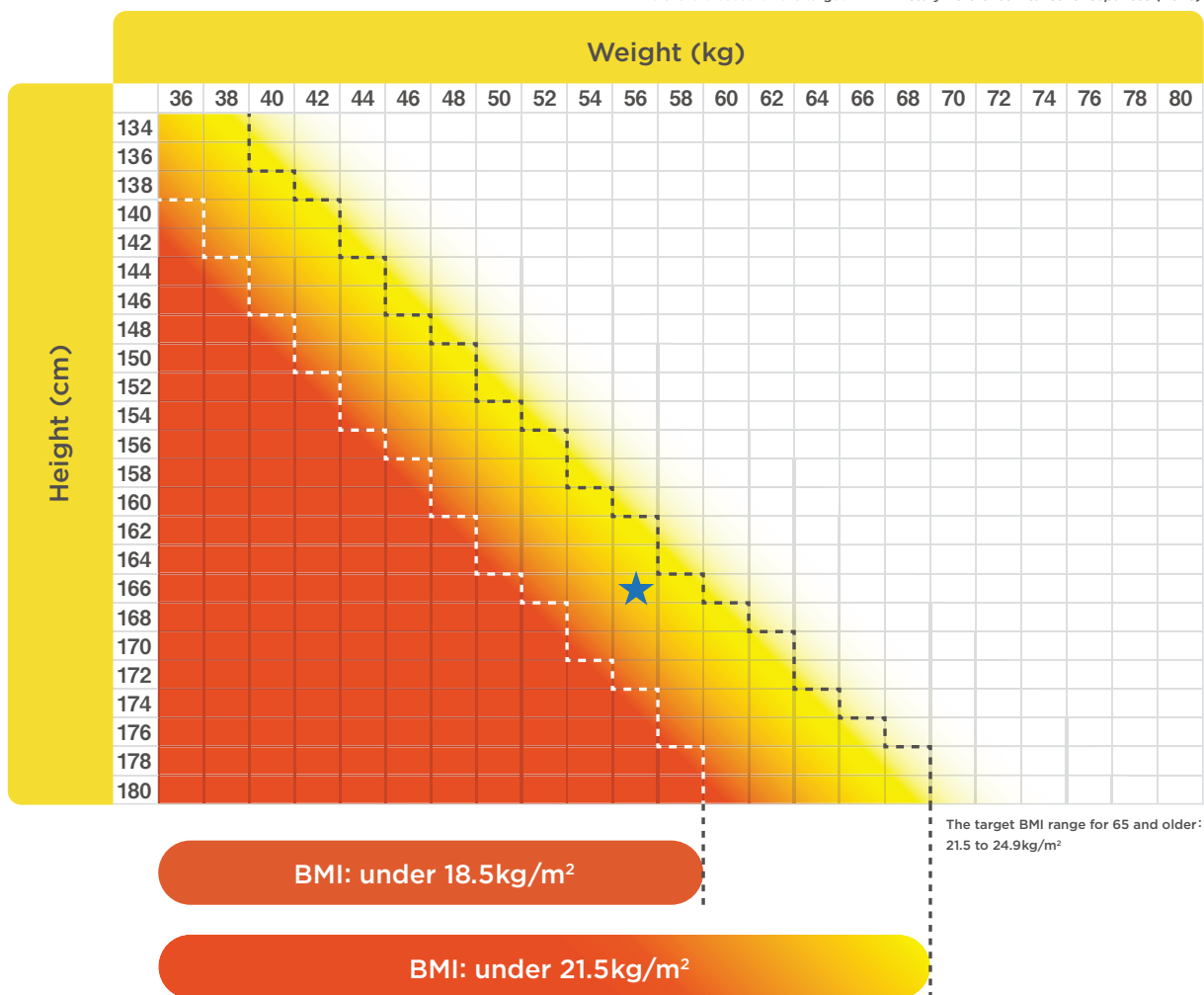
Weight loss in late-life is associated with an increased risk of mortality compared to obesity. Weight loss at 65 or older may mean that you should switch from preventing metabolic syndrome to preventing frailty.

*Start by consulting with your family doctor.

Check your physique based on your height and weight

(E.g.) The ★ represents a man who is 166-cm tall and weighs 56kg. This person's BMI is lower than 21.5kg/m², so they should be careful of frailty particularly.

This chart is based on the target BMI in *Dietary Reference Intakes for Japanese (2020)*



If you have a BMI of **under 21.5kg/m²**, or have recently lost weight, you should be particularly careful. Even if this does not apply to you, you are still prone to frailty as you become older.

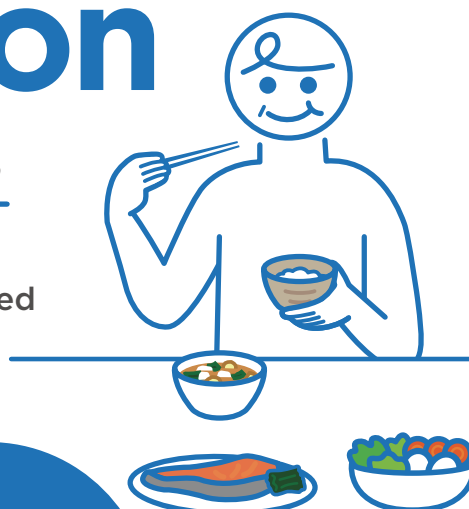
Three keys to frailty prevention

Frailty prevention is associated with daily habits. Review your lifestyle and optimize your nutrition, physical activity and social participation, so that you can live a life full of vitality.

Nutrition

Better eating habits

Eating is the source of vitality. Strive to eat three well-balanced meals a day. Also, you should pay attention to health of your mouth (oral cavity care).

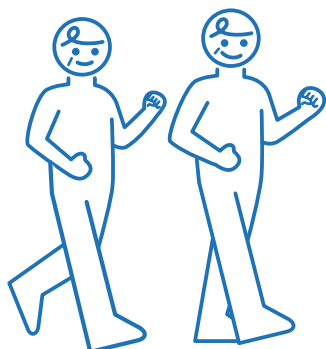


Frailty prevention

Physical activity

Walking, stretching, etc.

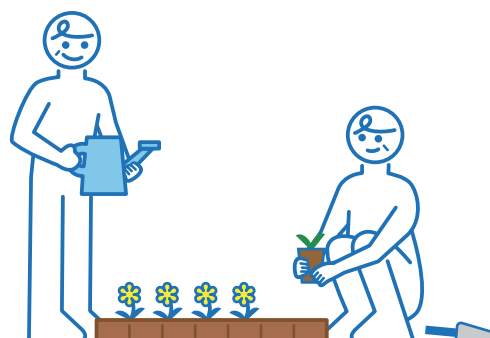
Physical activity not only increases muscle mass, it also affects your appetite and mind. Strive to move your body 10 minutes more than you do now.



Social participation

Hobbies, volunteer work, employment, etc.

Going out to engage in a hobby or volunteer work is effective for preventing frailty. Try to find activities best suited for you.

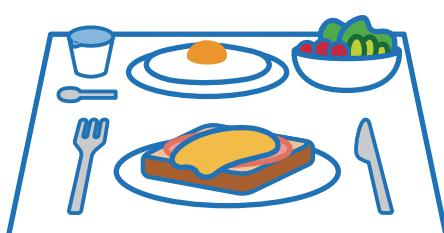


How to eat to prevent frailty

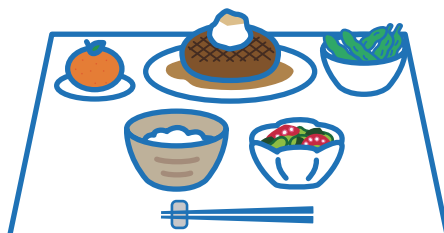
Eating a variety of foods and dishes is important to take essential nutrients in a comprehensive manner.

Point 1 Eat three meals a day

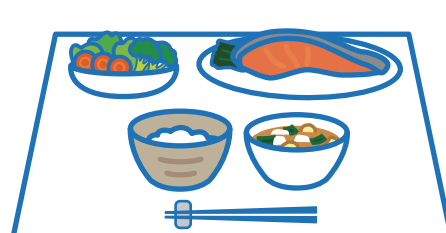
Breakfast



Lunch



Dinner



Point 2 Eat combining staple, main and side dishes in at least two meals a day.

Staple dishes

(rice, bread, noodles, and pasta)



Main dishes

(meat, fish, egg, and soy-bean dishes)



Side dishes

(vegetables, mushrooms, potatoes, seaweeds dishes)



Point 3 Eat a variety of foods

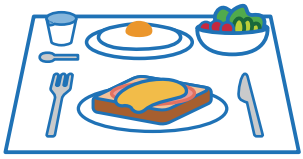














Each food contains a variety of nutrients. Eating a variety of foods enables you to take the essential nutrients omnivorously.

Hints for eating well



- When you are tired of cooking, take advantage of commercially prepared meals or food products in cans and retort packages.
- Delivered lunches (*bentos*) are convenient for obtaining a balanced combination of staple, main and side dishes.

Meal composition (E.g.) composition of dinner

<p>Point 1 Meals</p> <p>(eat three meals)</p>	<p>Point 2 Dishes</p> <p>(combine staple, main and side dishes)</p>	<p>Point 3 Foods</p> <p>(eat a variety of foods)</p>
<p>Breakfast</p>  <p>Lunch</p> 	<p>Staple dishes</p> <p>Rice</p>  <p>Main dishes</p> <p>Grilled fish</p>  <p>Side dishes</p> <p>Boiled vegetable salad</p>  <p>Side dishes</p> <p>Miso soup</p> 	<p> Rice: Carbohydrates Protein</p> <p> Spinach: Vitamins Minerals</p> <p> Fish: Protein Lipids Vitamins</p> <p> Broccoli: Vitamins Minerals</p> <p> Carrots: Vitamins Minerals</p> <p> Cabbage: Vitamins Minerals</p> <p> Potatoes: Carbohydrates</p> <p> Tofu: Protein</p> <p> Seaweed: Minerals</p>

Make a conscientious effort to eat foods that contain protein

Reduced protein intake tends to decrease skeletal muscle mass. Moreover, muscle protein synthesis is blunted with age, so it is important for the elderly to eat more foods that contain protein.

Do you get enough protein?

Do you get the required amount of protein daily? Let's confirm how much protein you should get by age and levels of activity.

Check ① Start by circling your daily level of activity.



Low

You spend most of the day sitting



Moderate

You spend a lot of time sitting or you do house-work, commute to office, go shopping, and do light sports, etc.



High

You often move, stand at work and do sports activity.

Check ② Select your age group and sex below, then circle the icon for the level of activity you selected at check ①. Your target protein intake is indicated on the right of icon you select.

(E.g.) If you are a male aged 65-74 with a moderate level of activity, your target protein intake is 90-120g a day.

Protein	50g	70g	90g	110g	130g
65-74 Men					
65-74 Women					
75 and older Men					
75 and older Women					

*Protein target is a reference value based on calculations using the reference body size, for Japanese. The reference body size is shown below:
 Men : 65-74 years (height 165.2cm, weight 65.0kg), and 75 years and older (height 160.8cm, weight 59.6kg)
 Women : 65-74 years (height 152.0cm, weight 52.1 kg), and 75 years and older (height 148.0cm, weight 48.8kg)

*If you have decreased kidney function or other health concerns, consult with your family doctor.

To find out more about target protein, or have problems with your diet, consult with a registered dietitian at the health center in your community.

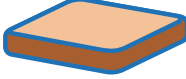
Do this check with a dietary professional.
Look back on what you ate yesterday.

Staple dishes, milk and milk products as well as main dishes are sources of dietary protein.





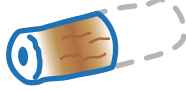
(E.g.)

Typical foods containing protein




Staple dishes

-  **5.6g**
1 slice of bread (6-slice loaf)
-  **3.8g**
Moderate serving of rice 150g

Main dishes

-  **16.7g**
Salmon 75g
-  **11.4g**
Pork loin 50g
-  **7.4g**
1 egg
-  **5.3g**
1/4 slice of Tofu (soybean curd) 80g
-  **3.4g**
1/2 roll of Yaki-chikuwa (baked tubular fish-paste) 28g

Milk and milk products

-  **6.6g**
1 serving of regular milk 200ml
-  **3.4g**
1 piece of processed cheese 15g
-  **3.0g**
1 cup of yogurt 70g

Write down the foods you ate yesterday and calculate the amount of protein.


	Staple dishes	+	Main dishes	+	Milk and milk products
Breakfast					
Lunch					
Dinner					
Protein-high Snacks					


= g

If your intake is below the target amount, think about which foods you should add. Check the content of your daily meals regularly.

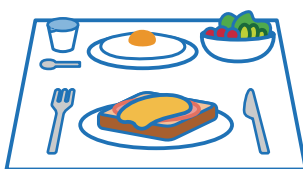

To easily increase your consumption of protein

You can easily compensate for protein in your usual diet by adding (+) or substituting (↻) foods rich in protein.

 Usual meal
60g protein (P) menu
Energy (E) 1,400kcal



 Excellent meal
90g protein (P) menu
Energy (E) 1,850kcal
*(+ g) indicates additional protein compared to usual meal

Breakfast

- <u>Toast</u>	+ Ham and cheese	- <u>Ham and cheese on toast (+5g)</u>	
- Fried egg		- Fried egg	
- Salad		- Salad	
- 	+ Yogurt	- <u>Yogurt (+3g)</u>	


E:450kcal P:21g

Lunch

- Rice		- Rice	
- Ground chicken steak		- Ground chicken steak	
- <i>Sunomono</i> (vinegared dishes)		- <i>Sunomono</i>	
- 	+ Edamame (green soybeans)	- <u>Edamame (+2g)</u>	
- Fruit		- Fruit	

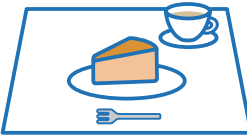
E:550kcal P:26g

Dinner

- <u>Rice</u>	+ Natto (fermented soybeans)	- <u>Natto over rice (+8g)</u>	
- Butter-fried salmon		- Butter-fried salmon	
- Boiled vegetable salad		- Boiled vegetable salad	
- <u>Miso soup</u>	+ Pork	- <u>Pork stewed in miso soup (+4g)</u>	

E:600kcal P:34g

Snack

- <u>Yokan</u> (bean agar)	↻ Cheesecake	- <u>Cheesecake (+5g)</u>	
- <u>Green tea</u>	↻ Soy milk	- <u>Soy milk latte (+3g)</u>	

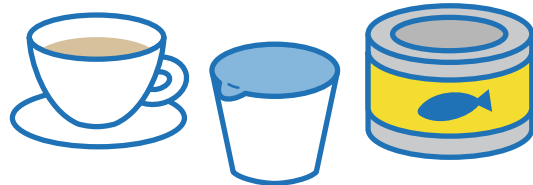
E:250kcal P:9g

*If you have decreased kidney function or other health concerns, consult with your family doctor.

Ideas for consuming protein



- Add soy milk at coffee time to make a soy latte.
- Choose protein-high snacks such as yogurt.
- Keep handy entrees such as canned and frozen foods for a quick extra dish.
- When eating *bentos* or dining out, try to consume protein from various foods by ordering meals with various main and side dishes.



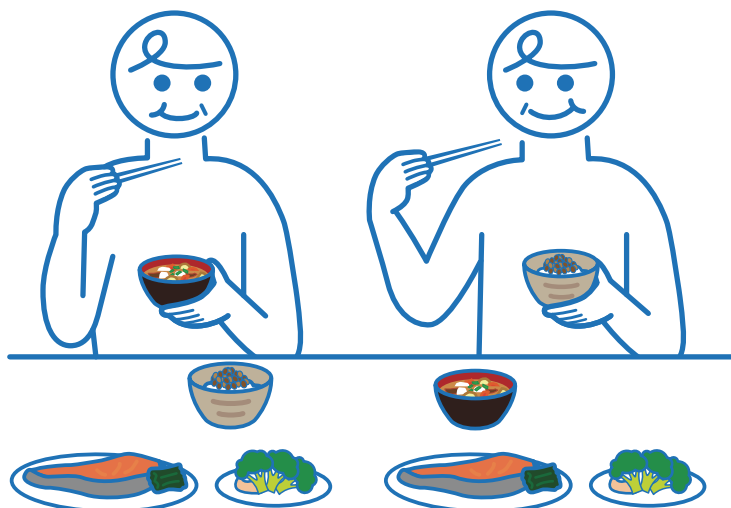
Extra steps to prevent frailty

Eat hard foods to chew well

To maintain your chewing abilities, try to eat hard foods such as root crops. Have your mouth examined regularly.

Eat meals with family and friends

Eating in an enjoyable atmosphere stimulates your appetite. While eating, enjoy talk with family, friends, or other people in your community.



Eat enough Go out a lot Laugh a lot

Age-associated weakening of the body and mind is preventable. Start by improving yourself by incorporating the three keys to frailty prevention – nutrition, physical activity, and social participation – into your daily lifestyle so that you may keep doing what you want and like.

