

The background features several large, stylized, overlapping swirls in shades of purple, green, and blue. Interspersed among these swirls are numerous small, yellow, triangular shapes that resemble sun rays or confetti, scattered across the white background.

Well being and aging

**Food and nutrition
promote active
aging**

**EuroSenior Seminar
Well life centre, Espoo
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Auli Guiland**



Health indicators as health risks

Εξαμπλε: Πηψισιανσ μαψ διαγνοσε μεταβολιχ σψνδρομε βασεδ ον τηε πρεσενχε οφ ανψ 3 οφ τηε φολλοωινγ ινδιχατορσ:

- Αβδομιναλ οβεσιτψ
- Τριγλψχεριδεσ ιν εξχεσσ (>150 μγ/δΛ)
- Ηιγη-δενσιτψ λιποπροτειν (ΗΔΛ) χηολεστερολ λεσσ τηαν 50 μγ/δΛ φορ ωομεν ορ 40 μγ/δΛ φορ μεν
- Βλοοδ πρεσσυρε ηιγηερ τηαν 130/85 μμ/Ηγ
- Φαστινγ γλυχοσε οπερ 110 μγ/δΛ



**How many ageing persons are
free of all health risk indicators ?**

Wellness "Blackout" Bingo

Knows resting heart rate	Meditates daily	Is a vegetarian	Has a subscription to <i>Cooking Light</i>	Keeps a diet record daily
Has run a marathon	Has quit smoking	Has been married more than 30 years	Laughs with grandchildren as often as possible	Walks at least 3 miles daily
Was athletic in younger years	Swims for fitness	Has a current CPR card	Enjoys gardening	Is enrolled in a fitness class
Lost more than 20 lbs. in the last year	Has recovered from a heart attack	Understands food exchanges	Uses the stairs regularly, instead of an elevator	Has watched Oprah lose and gain weight
Has never had a speeding ticket	Is a great-grandparent	Enjoys cycling	Has more than 100 lbs. of lean mass	Owens a home exercise machine

Health is the goal

- Well life at any age and size
- Pleasure through healthy choices
 - healthy choices that fit your pleasure profile
 - good and healthy meals combine to pleasure promoting healthy activities



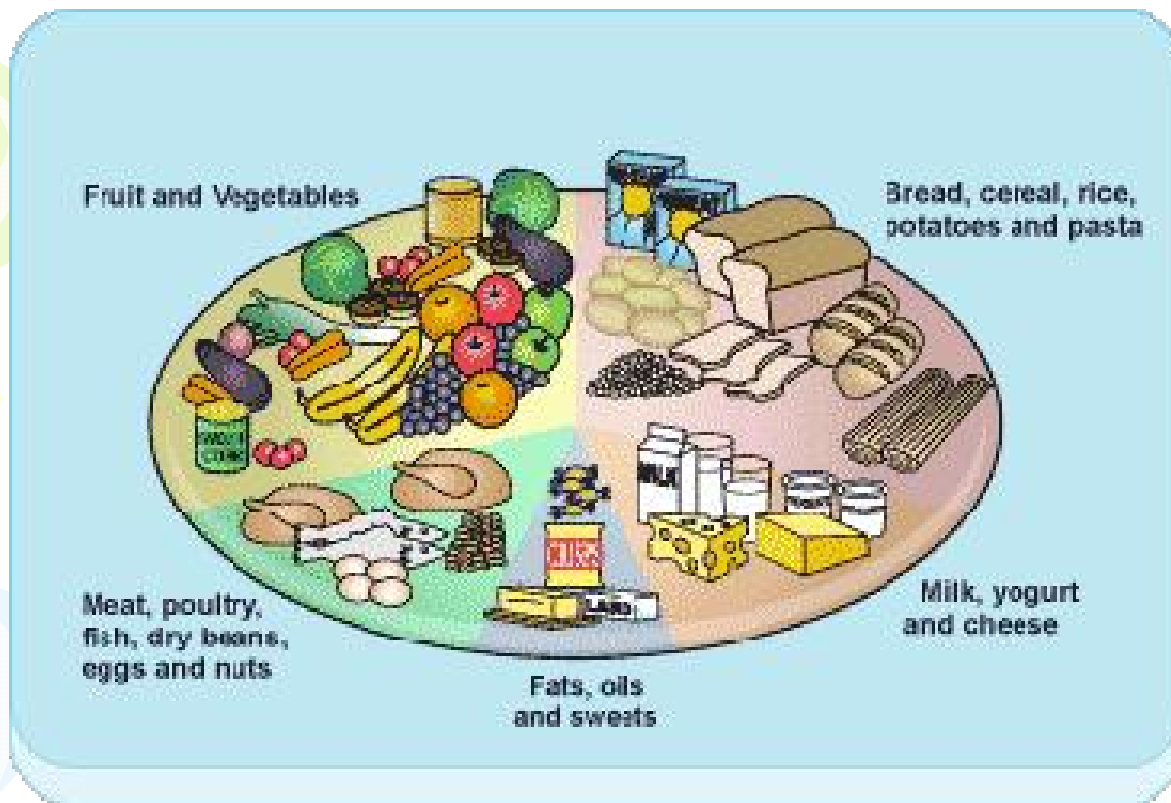
Look good - feel better



Ten tips for a happy heart

- Control your body weight.
- Enjoy a healthy diet with a variety of foods from the core food groups.
- Limit your intake of foods high in saturated fat such as pastries, pies, biscuits, cakes, butter, lard, cream and creamy foods.
- Drink alcohol in moderation.
- Keep active.
- Have regular check-ups with you doctor.

Enjoy life and avoid stress !



Food models illustrate the types of food we need for a healthy diet and the proportions we should eat them in every day :

Carbohydrates such as bread and pasta, and fruit and vegetables should make up the largest part of our daily food intake.

