

- Elderly / Food—caloric content

Aging individuals' calorie needs affected by their activity levels

Sherbrooke Record · 17 Oct 2024 · 3

(MC) Healthy aging is a multifaceted process that involves an array of variables. Diet and exercise are two such variables, and each are intertwined. According to the National Institute on Aging, the amount of calories individuals over 60 need each day depends on their physical activity levels. Though all adults should aspire to be physically active each day, some aging adults may experience mobility issues that make it hard to move around. But activity levels can serve as a measuring stick for daily calorie intake. The NIA notes that the more active men and women over



60 are, the more calories they will need to consume.

- **Inactive:** The NIA recommends that women over 60 who are not physically active consume 1,600 calories per day. Men over 60 who are not physically active are urged to consume between 2,000 and 2,200 calories each day.
- **Moderately active:** What qualifies as moderate physical activity is best defined by an individual's physician, who may recommend various exercises or activities based on each person's condition. Daily walks may qualify as moderate physical activity, but aging adults are urged to keep track of the length and intensity of such walks so they can work with their physicians to determine how they might affect their daily caloric intake. Women over 60 who engage in moderate physical activity each day are urged to consume 1,800 calories per day, while men in that category should consume between 2,200 and 2,400 calories.
- **Very active:** Aging men and women can probably determine on their own if their lifestyle can be described as very physically active. Women over 60 who qualify as very active should consume between 2,000 and 2,200 calories per day, while the NIA advises very active men to consume between 2,400 and 2,600 calories per day.

Of course, it's important that men and women over 60 choose the right foods each day as well. The NIA advises against choosing foods that have a lot of sugar, saturated fat and sodium. Fruits, vegetables and whole grains are examples of healthy foods that can help aging individuals reach recommended daily calorie intake without compromising their overall health.