

JUICING FOR SENIORS



The elderly population is growing worldwide. With that growth comes a need for better nutrition. One of the most popular diets among seniors is the Paleo diet, which eliminates processed food and includes juicing as part of its plan. We all want to keep feeling well and nourished throughout our golden years!

The question of what's the best juice for elderly adults has been debated for a long time. It's important to remember that they are at a higher risk of developing health issues due to their age. There is no set answer on which food or drink is 'best' because everyone is different and each person needs something different to maintain good health. Here we discuss why it's so important for elders to consume enough fruits and vegetables, as well as which juices work best!

The importance of juicing for the elderly

As we age, our need for particular nutrients can change. A pure fruit and vegetable juice is a great way to get the same benefits of whole foods without having to chew, which can be a problem for an older person with weak teeth or dentures. Vitamins and minerals are often lost from cooking. This doesn't happen with juice, so the person gets all the goodness that they need to stay healthy. Nourishing your body with these juices is important because it helps prevent against things like joint pain and muscle wasting. Lack of appetite is a common

problem for seniors. Juicing can be an easy way to get the nutrients they need, with minimal calories and sugar.

Juices for eye sight and great vision

As we age our eyesight can get worse. Look how many elderly people wear glasses if you don't believe me! Juicing is a healthy way for the elderly to get essential nutrients that help their vision and delay the aging process.

There are special nutrients called antioxidants that are great for vision. We have all heard how carrots help you see in the dark. Well this is because they contain these special nutrients. To give them their scientific name: Xanthophylls which include specifically Lutein and zeaxanthin. [\(1\)](#)

The most amount of lutein and zeaxanthin is in the macula; the part of your eye that allows you to recognise fine detail. Because of these antioxidants. This helps to protect your eyes from UV radiation, cancer and high-intensity blue light.

Carrots, kale, spinach and beetroots contain high amounts of these antioxidants so juices made with these vegetables will help our senior citizens see well for as long as possible.

As a side note fruits and vegetables that are yellow and orange in colour are full of these antioxidants, along with Vitamin A which is also great for vision. So juicing or eating foods such as bell peppers, tomatoes, oranges, apricots, sweet potatoes and pumpkin gives you more bang for your buck.

Juicing for bone health

As we get older our bones get weaker and a simple fall can cause a painful break. We all know calcium is great for bones. And the best 'juice' of all to get calcium is milk - from cows, nuts or soy. However, we need Vitamin D, magnesium and Vitamin K so that we can use the calcium that we eat for our bones. So which juices contain these nutrients?

Green vegetables such as kale, spinach, parsley, collards and good old cabbage contain calcium and vitamin K which can help with bone health. These greens also have plenty of iron in them so they help with blood health and keeps everyone, including the elderly, full of energy.

The elderly are notorious for suffering for dehydration. This can cause all sorts of problems especially with circulation and constipation. Dehydration can also cause them to become disorientated and fall over which brings with it even more problems. The body needs water for the efficient functioning of every single organ. It also obviously forms a large part of blood and the fluid that surrounds every single cell in our body.

To prevent dehydration, good old water is a great 'juice' to drink every single day. It is recommended that women drink 2 litres and 2.5 litres for men. [\(2\)](#)

But have you thought about getting your water from your food? Many fruits have high water content. The most common is oranges. Other examples include grapefruits, apples, and strawberries - all with a significant amount of moisture as well (some over 80%). However, a word of warning with regard to grapefruit. Many elderly people take medication that interacts with grapefruit and causes side effects. These people should not have grapefruit in their diet at all. Other citrus fruits are safe.

Fruit with the highest water content that should be used in juices for the elderly are apricots, blueberries, oranges, peaches, pineapple, plums, raspberries, melon and watermelon. Melon and watermelon have the largest water content. When juicing fruits be careful that the sugar levels are not too high as these can cause other issues for everyone, but especially the elderly whose bodies are less efficient at dealing with excess sugar.

So it is best to use vegetables with high water content as the main part of the juice and add one fruit juice to make it more palatable. These include lettuce, tomatoes, zucchini (also known as courgette), leafy greens such as broccoli, cabbage and spinach. As with a regular diet, use fruits and vegetables that are lots of different colours to make sure you get the full collection of vitamins and minerals to help keep you healthy.

What nutrients are essential to seniors?

Green vegetables like spinach or kale which are rich in antioxidants also provide fibre. Keeping blood pressure low is good for seniors and juice can help with that - please see our previous article.

As we age our immune system is less effective at fighting off bugs. So juices full of zinc, magnesium and vitamins, A, C, D and E, which keep our immune system healthy, are great for the elderly.

To finish here are a few simple juices that will benefit the health of our senior citizens.

Mixed Fruit Juice

A simple juice for seniors is a mixture of the five fruits orange, kiwi fruit, blueberries, strawberries and cantaloupe melon. It has all the essential vitamins and minerals that are needed and tastes great too!

Green Vegetable Juice

Made up of kale leaves mixed with watermelon, cucumber, celery stalks etc., this rich green smoothie is perfect for the elderly.

Almond Milk Smoothie

Not strictly a juice, but a smoothie made with almond milk, banana and strawberries is a delicious way to get plenty of immune boosting vitamin E into your Granny.

References

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Lutein and zeaxanthin: Eye and vision benefits

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3. <https://www.hsph.harvard.edu/nutritionsource/vitamin-e/>

Vitamin E