Ask the Nutritionist

Sandy Sarni, MS, RD,
MIIA's Integrative Nutrition Coordinator

Dear Sandy,

Any nutrition suggestions for Women over 55? Also, maybe something to help with weight gain, hormones, metabolism?

Thank you for your question.

This is a big topic and difficult to respond to in a simple way.

My first question is are you a MIIA/BCBS member? If you are, you are entitled to 10 free sessions of coaching with one of our certified wellness coaches. Working with a coach would be very helpful but if you are not a MIIA/BCBS member, you could work with a registered dietitian. This link will help you find a nutrition expert in your area: https://www.eatright.org/find-a-nutrition-expert. Many insurance plans will provide coverage for nutrition services.

Another recommendation is to track your food intake on one of the free apps such as LoseIt or MyFitnessPal. This can be a very effective way to become aware of how you can make some changes in your food intake. Also, I would suggest going to the website MyPlate.org, which will provide a very good food plan for weight loss for your age and activity level.

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Submit your nutrition and food questions to Sandy Sarni, RDN, at ssarni@mma.org

I developed a webinar on Managing Weight Over Age 50. Log into your MIIAWinners.org account OR set up an account. Then select " MIIA WellAware Video Library", select Nutrition Education, scroll all the way down, my webinar is at the bottom of the list, Managing Weight Over Age 50, I think you will find it very helpful.

My short answer is to increase your protein and fiber intake. Aim for 75 - 100 grams of protein per day, 25 grams at each meal is ideal. Increasing protein at breakfast can be very helpful. And try for 30-35 grams of fiber per day. If you track your food on one of the free apps, you will know how much protein, carbohydrate, fat, and fiber you are eating each day. Generally speaking, increasing your protein and fiber intake will help you feel less hungry during the day. Also, drink as much water as possible and decrease sugar and alcohol intake.

I hope some of this information is useful to you.

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