



Jane Dummer RD
registered dietitian

Agri-Food for Healthy Aging

Sysco Education Days
Ottawa & Toronto
May 2010



Presentation Outline

- Link between Agri-Food, Health and Cognitive Function
- Culinary Applications and Menu Ideas
- A-HA Agri-Food for Healthy Aging
 - Recent Canadian Research



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Canadian Research



Innovative agri-food and nutrition research for healthy aging

- Agri-food for Healthy Aging (A-HA) is a collaborative research group created through the efforts of the Schlegel-UW Research Institute for Aging (RIA), University of Waterloo, University of Guelph and MaRS Landing



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A-HA Research

- A-HA is a practice-relevant, research-led initiative seeking to improve the nutrition, health and well-being of older Adults through the innovative use of food



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A-HA Research

Objectives:

- Facilitate and promote the connections between agriculture, food, nutrition and healthy aging through partnership development with agri-food and health sector stakeholders
- Promote access to existing and develop new, healthy agri-food options (e.g. functional foods) that meet the nutritional and sensory needs of older adults



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A-HA Research Update

Research Scientists and Research Activities:

- Lisa Duizer, PhD Dept of Food Science U of G
 - Sensory perception and Alzheimer's Disease and Related Dementias. The study will assist the researchers to understand the changes in smell and taste function experienced in late-onset ADRD patients



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A-HA Research Update

Research Scientists and Research Activities:

- Heather Keller, PhD Family Relations & Applied Nutrition, U of G

- 2 studies:

- Mealtime satisfaction questionnaire plus a draft observational tool for assessing social interaction at mealtime in retirement and long term care.

- Comparison of commercially prepared pureed diets for residents in retirement and long term care



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A-HA Research Update

Research Scientists and Research Activities:

- Ken Stark, PhD Dept of Kinesiology U of W
 - Examining strategies to increase the omega-3 fatty acid (DHA/EPA) intake of an entire retirement home facility by developing and implementing various omega-3 enriched food products through food services. Ocean Nutrition is providing the MEG-3 for this study
 - Preliminary findings suggest that the residents were largely deficient in omega-3 fatty acids

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A-HA Research



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- Join the A-HA mailing list by contacting Jessica Demeter (Program Manager) at jdemeter@ria.uwaterloo.ca
- On the web
- www.aha.the-ria.ca



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Final Thoughts

- Link between Agri-Food, Health and Cognitive Function
- Culinary Applications and Menu Ideas
- A-HA Agri-Food for Healthy Aging
 - Recent Canadian Research



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Q & A

Thank you

Contact:

Jane Dummer, RD

- www.janedummer.com info@janedummer.com
519.896.4755



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