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Diet Comparison Chart for Seniors

Mediterranean • DASH • High-Protein Modified • For healthy aging after 60

 This chart is for educational purposes only. Always consult your doctor before starting any weight loss or diet plan, especially if you have diabetes, high blood pressure, kidney disease, or take medications.


Mediterranean Diet Best Overall for Seniors

Primary Focus: Heart health, brain health, longevity, and inflammation reduction.

Key Foods: Olive oil, fish (salmon, sardines), whole grains, vegetables, legumes, nuts, fruits, moderate red wine.

Foods to Limit: Red meat, processed foods, added sugar, saturated fats.

Protein Sources: Fish, poultry, eggs, beans, lentils, nuts.

 **Why it's great for seniors:** Anti-inflammatory, heart-healthy, sustainable, easy to follow, rich in omega-3s for brain health.


DASH Diet Best for High Blood Pressure

Primary Focus: Lowering blood pressure, reducing sodium intake.

Key Foods: Fruits, vegetables, low-fat dairy, whole grains, lean protein, nuts, and seeds.

Foods to Limit: Salt (sodium), red meat, sugary drinks, sweets.

Protein Sources: Lean poultry, fish, beans, low-fat dairy, eggs.

 **Why it's great for seniors:** Lowers hypertension risk, heart-protective, nutrient-dense, easy on the kidneys.


High-Protein Modified Diet Best for Muscle Preservation

Primary Focus: Preserving muscle mass (prevents sarcopenia), supporting weight loss without muscle loss.

Key Foods: Eggs, Greek yogurt, cottage cheese, fish, chicken, tofu, lentils, beans, quinoa, nuts.

Foods to Limit: Empty calories, sugary snacks, refined carbs.

Protein Goal: 1.2–1.5g protein per kg of body weight daily.

 **Example for 150lb (68kg) senior:** 82–102g protein daily = 25–35g per meal.

 Quick Reference: What to Eat Each Day

Mediterranean:

- Olive oil (daily)

DASH:

- Low sodium (<1500mg)

High-Protein:

- Eggs or yogurt (breakfast)

- Fish (2x/week)
- Whole grains
- Nuts & seeds
- Low-fat dairy
- Lean protein
- Fruits & veggies
- Chicken or fish (lunch/dinner)
- Lentils or beans
- Protein at every meal

⚠️ Diets Seniors Should AVOID or use with extreme caution:

- **Keto Diet:** Risk of dehydration, muscle loss, electrolyte imbalance, and medication interactions (diabetes, blood pressure).
- **Intermittent Fasting:** Risk of low blood sugar (hypoglycemia), medication timing issues, and dehydration. Not safe for diabetics on insulin.
- **Paleo Diet:** Excludes entire food groups (grains, dairy) – risk of calcium and vitamin D deficiency (bone health).
- **Very Low-Calorie Diets (<1200 calories/day):** Guaranteed muscle loss – dangerous for seniors.

🍳 Daily Protein Guide for Seniors

Weight	Daily Protein Goal	Per Meal (3 meals)
120 lbs (54 kg)	65–81g	22–27g

Example

3 eggs + ½ cup Greek yogurt + 4 oz chicken

Weight	Daily Protein Goal	Per Meal (3 meals)
150 lbs (68 kg)	82–102g	27–34g

Example

4 eggs + 1 cup cottage cheese + 5 oz salmon

Weight	Daily Protein Goal	Per Meal (3 meals)
180 lbs (82 kg)	98–123g	33–41g

Example

1 cup Greek yogurt + 6 oz chicken + 1 cup lentils + 2 eggs

☀️ **Final Tip:** The best diet is one you can stick with. Small, consistent changes lead to lasting results. Always prioritize protein to protect your muscles, stay hydrated, and consult your doctor before making major changes.

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