

21st European

Nutrition and Dietetics Conference

June 11-13, 2018 | Dublin, Ireland

Western-type diet and its influence on chronic diseases in aging population

Jasminka Z Ilich¹ and **Owen J Kelly²**¹Florida State University, USA²Abbott Nutrition, USA

It is predicted that the number of people over 65 years of age in the United States will double by 2030, reaching approximately 70 million or about 20% of total population. This increase in aging population leads to higher prevalence of certain chronic conditions that might reach epidemic proportions, including but not limited to diabetes, obesity, osteosarcopenic obesity, cardiovascular disease, cancers, as well as Low-Grade Chronic Inflammation (LGCI), the latter recognized as an underlying promoter for many chronic and acute conditions/diseases and persisting in older individuals even when they are considered relatively healthy. Dietary factors are major contributors to many chronic diseases as well as to LGCI. Typical Western-type diet consumed in developed countries is characterized by high consumption of processed foods, red meat, refined sugars and cereals, higher intake of saturated fat with resulting low levels of omega-3 polyunsaturated fatty acids, as well as by low intake of fruits, vegetables and whole grains. This diet, considered as an overall low quality diet, has been attributed to many of the modern-day ailments. Our objective is to highlight individual nutrients, or specific foods characteristic of the Western-type diet as promoters of modern-day chronic conditions. The macronutrients (protein, carbohydrates and fat) and micronutrients (vitamins and minerals) will be addressed, pointing to some deficiencies and/or excesses. The recommendations addressing adequate intake for the osteosarcopenic obesity, cardiovascular disease and some cancers and for alleviation of LGCI will be discussed as well.

jilichernst@fsu.edu