MERCY PAPERS

VOLUME ONE / PAPER 06

Midlife Nourishment

A measured approach to strength, function and healthy ageing

MERCY UDOM

INTEGRATIVE NUTRITION HEALTH COACH

MERCY PAPER 06 / HEALTHY AGEING

A sustainable midlife food pattern centred on quality, physical function and appropriate clinical partnership.

Educational content only. This paper is not medical advice and does not replace individual assessment by a doctor or registered dietitian.

Move beyond anti-ageing

Anti-ageing language can turn a normal life stage into a defect and encourage unsupported products. A better objective is functional ability: maintaining the capacities that allow a person to do what matters. WHO's healthy-ageing framework emphasises the interaction between individual capacity and the surrounding environment.

Diet quality before novelty

Reviews in older adults associate higher dietary quality with better physical performance, although evidence varies for muscle mass and strength. This supports attention to the overall pattern rather than a single superfood: diverse vegetables and fruits, pulses, whole grains, nuts and appropriate protein sources within individual tolerances and clinical advice.

Strength is multidisciplinary

Food alone does not maintain function. Regular activity, including muscle-strengthening work, forms part of public-health guidance. A coach can help align eating routines with an exercise plan developed by appropriate professionals but should not prescribe rehabilitation. Coordination between clinicians, trainers, chefs and assistants may be the highest-value intervention.

Take symptoms seriously

Midlife women may experience symptoms and body-composition changes that deserve respectful medical assessment. Coaching should not attribute every concern to hormones or sell restrictive diets as a cure. Persistent fatigue, unexplained weight change, significant mood symptoms or suspected deficiency requires clinical review.

Design for the decade

The strongest question is whether the client can imagine living this way in five or ten years. The plan should survive travel, celebration, bereavement, work transitions and changing household needs. Healthy ageing is not a perfect score; it is a long practice of maintaining supportive environments, meaningful activity and access to appropriate care.

Selected references

1. World Health Organization. Ageing and health. 2025. https://www.who.int/news-room/fact-sheets/detail/ageing-and-health

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3. WHO. Guidelines on physical activity. 2020. https://www.who.int/publications/i/item/9789240015128

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