

Nutrition Decisive System for Old Age People

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Abstract: *The process of aging is characterized by numerous changes in the body which has an overall negative effect on the health and lifestyle of elderly. Nutrition deserves special attention as an individual reaches old age. It plays a vital role in affecting the quality of life, including physical, mental and social health. The physiological decline in food intake is very common among older age and this result in nutritional deficiencies. These increased nutritional deficiencies are the major risk factors for certain chronic diseases and deteriorated age-related health. Thus, the adoption of nutrition decisive system can be a measure to tackle the current situation of nutritional deficiencies and promote a healthy lifestyle.*

"A proud and resourceful nation can no longer ask its older people to live in constant fear of a serious illness. We owe them the right of dignity in sickness as well as in health. Too many elderly people . . . skimp on food at a time when their health requires greater quantity, variety and balance in their diets."

John F. Kennedy..

Keywords: Aging, anorexia, nutritional deficiencies, supplementation, geriatric foods, healthy ageing, malnutrition, frailty, nutrient intake, nutritional status

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