

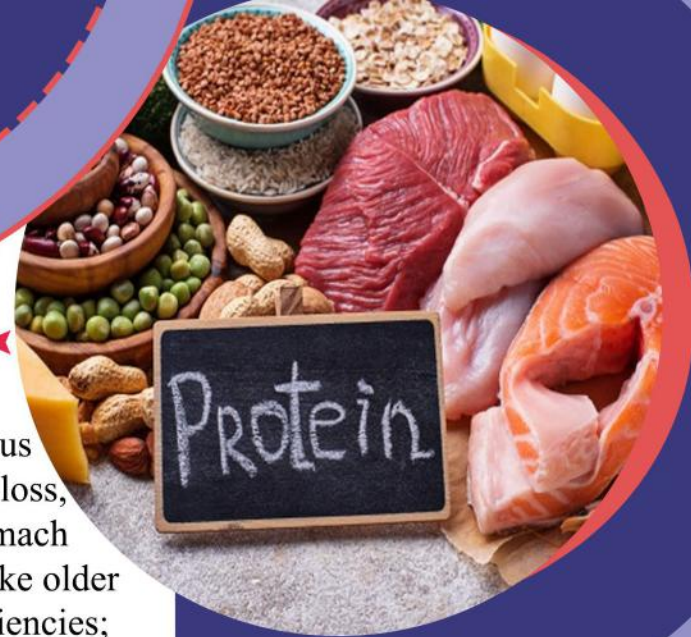




# Nutrition In The Elderly

## ► The Effect Of Aging On Nutritional Needs ◀

Aging is associated with various body changes, including muscle loss, thinning skin, and decreased stomach acid. Some of these changes can make older people more prone to nutrient deficiencies; While others can affect a person's senses and quality of life.



Protein

Older people are vulnerable to malnutrition. In the elderly, trying to get enough food faces many practical problems. Nutritional needs are not well defined in the elderly. As both lean body mass and basal metabolic rate decrease, so do the elderly's energy needs per kilogram of body weight.

## ► Malnutrition And The Elderly ◀

Dietary fat is associated with cancers of the colon, pancreas, and prostate. Atherogenic risk factors such as hypertension, hyperlipidemia, and glucose intolerance, all of which are influenced by dietary factors, play an important role in coronary artery disease progression. Degenerative diseases such as cardiovascular and cerebrovascular diseases, diabetes, osteoporosis, and cancer, which are common daily, are all affected by diet.



Decreased stomach acid can affect the absorption of nutrients such as vitamin B12, calcium, iron, and magnesium.

Another challenge of aging is reducing the need for calories, which unfortunately creates a nutritional dilemma.

## ► Consume More Protein In Old Age ◀

Loss of muscle and strength is common in old age. Combining a high-protein diet with resistance exercise is one of the most effective ways to fight sarcopenia. Eating a high-protein diet can help fight sarcopenia, muscle wasting, and strength.