Nutritional tips for elderly



Eat 5 small meals a day, to facilitate the body's digestion and burning processes



Eat foods fortified with vitamins and minerals



Eat slowly and chew well



Add some special flavors and spices, reduce the use of salt and look for foods low in sodium

There are some physiological changes occurring in the body along with age, such as a decrease in immunity and appetite, difficulty in chewing and swallowing, a decrease in metabolism (burning calories).

To reduce these changes, it is preferable to make some simple adjustments into your meals to enjoy the foods and drinks you're eating



Add some sliced fruits and vegetables to your meals because they contain antioxidants that boost immunity



Drink enough water to avoid constipation



If your appetite goes down due to taking some medications, better to consult your doctor to give some alternatives