

## Hale Dining for Elderly Civilians

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### Abstract

Old age is described to be weakened organ system reserves and undermined homeostatic controls. As we get aged our existences and need to eat can alter and this can disturb the kinds and quantities of foods we consume. This is due to deviations in the body that occur certainly with age. A diminishing appetite or reduced capacity to purchase and cook healthy diets can mean that many aged persons don't get sufficient needed vitamins, mineral and fibre. Eating a well-proportioned diet is a vital part of remaining fit as age increases.

**Keywords:** Old Age; Nutrients; Healthy Diet.

### Introduction

Nutritive requirements of the elderly individual are decided by various factors, along with distinct health problems and associated structure system compromise; an person's capacity of activity, energy spending, and caloric necessities; the capability to access, make, consume, and digest nutrients; and individual's food favorites. Variations related with usual aging rise nutritional danger for elder adults. Old age is described to be weakened organ system reserves and undermined homeostatic controls [1].

As we get aged our existences and need to eat can alter and this can disturb the kinds and quantities of foods we consume. A diminishing appetite or reduced capacity to purchase and cook healthy diets can mean that many aged persons don't get sufficient needed vitamins, mineral and fibre and this can lead to over-all unhealthiness or worsen some prolonged disease. It is essential to use each mealtime as a chance for maximum nutrition and discover ways to increase diet to appropriate with individual flavors, capability and lifestyle [2].

### Meeting Nutritious Necessities

As folks raise elder, their dietary needs alter, counting their calorie, proteins, fats, vitamin and mineral necessities. This is due to alterations in the body that happen certainly with oldness. Some elderly people have health glitches that make it added problematic for them to meet their nutritive needs. Elders need to take primarily nutrient-heaped diets and bound their eating of confections, oily foods and junk food. They should consume lesser servings of food and object to eat a widespread variation of foods to make it further possible that they get adequate quantities of needed nutrients. Every person's absorption is different, the appropriate serving sizes for elders will be subject to the quantity of calories they require to eat to sustain a fit weight [3]. Eating a well-proportioned diet is a vital part of remaining fit as age increases. It benefits to continue a healthy mass, stay active, and get the nutrients that is essential. It decreases the hazard of rising long-lasting health conditions, such as hypertension, cardiac disease and diabetes [4].

### **Upholding A Hale Nourishment**

Nutritional essentials differ from one individual to another. However, some approaches can benefit everybody to continue a healthy diet.

#### *Remain Hydrated*

Drink adequate fluids regularly. Target to drink eight glasses of water. Consume small volumes of water constantly all over the day. Can be in the form of juice, tea, soup, or even water-rich fruits and vegetables [4,5].

#### *Emphasize on Nutrient-Loaded Diets/Seek for Essential Nutrients*

Caloric requirements will possibly reduce, whereas nutrient necessity stay the similar or rise. Eating nutrient-loaded diets will support to get the carbohydrates, protein, vitamins, minerals, and fats needed. Dish must gaze like a multi-colored diets each time is the good choice. A healthy meal time should comprise: Slender protein, Fruits and vegetables, whole grains and low-calorie dairy. Select foods that are rich in fiber and low in sodium or salt, seek for Vitamin D, an essential mineral as age increases. Elder adults want additional calcium and vitamin D to sustain bone health. Maintaining appropriate weight can help to retain bones strong. Iron and Vitamin B12: Iron is accountable for carrying oxygen all over the body, whereas vitamin B12 retains the brain and nervous structure healthy. Consuming a vitamin C-rich foods during meal time helps the body to engross iron [4,5,6].

#### **Guidelines for Planning/Consuming Balanced Diet for the Elderly**

Routinely have food at a same time every day.

Consume low-salt and low sugar diet.

Take frequent, small, regular food to get all the essential nutrients.

Restrict drinking water while eating since it fills up stomach and decrease the appetite.

Consume soft and moist diets while feeling tried.

A suitable amount of calcium should be consumed to prevent demineralization of bones related with aging.

Make sure that adequate exposure to sunshine is vital to meet the body's requirements for vitamin D, if bedridden Vitamin D supplement is necessary.

Consumption of energy rich food stuffs like confections, fried or oily fatty foods, cereals and starches requirements to be decreased whereas generous quantities of milk and milk products, fresh fruits, vegetables mainly green leafy vegetables, should be eaten to meet the vitamin and mineral needs.

Fatty and oily foods should be avoided to prevent hypertension and cardiac diseases.

Avoid taking simple sugars as it gives only unwanted calories.

Include fibre rich diet to prevent constipation a common problem with aging, it helpful for patients with diabetes and cardiovascular diseases.

The diet for the aged must be vibrant, eye-catching and delicious and should be served in pleasing environments to increase their appetite and interest in the food.

With the above all, Old aged persons should be encouraged to do simple exercises and physical activities to keep them active and fit. It helps to prevent the complications of aging. Must go for regular health checkups [7,8].

### **Conclusion**

Balanced Nutrition and an acceptable diet is of vital in old age to avoid and regulate the common threats of Elderly. Many features like poor revenue, reduced movement, societal separation and depression are known to distress the well-being and comfort of the elderly. Under nutrition, obesity, diabetes, cardiovascular diseases and osteoporosis have been recognized as the most significant and generally predominant nutrition linked health problems in old age. It develops all the more vital to provide adequate quantities of all the nutrients within the diminished energy levels.

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