

Eating Well for Seniors

Oklahoma Cooperative Extension Service • Oklahoma State University



TIPS FOR INCREASING FOOD INTAKE

Tips If Taste and Smell Decline

- Use herbs, spices and lemon juice to increase the flavor of foods, unless they are not tolerated.
- Serve foods at body temperature. Flavors are not as easy to detect with cold and hot foods.

Tips If Chewing and Swallowing Are Problems

- Serve a beverage with the meal and use gravy or sauces to help with swallowing.



- Eat slowly and chew food thoroughly.
- Be sure dentures fit properly.

- Maintain a normal diet. Avoid using baby foods or ground foods if possible. Ground foods become dry and difficult to swallow. Baby foods make an individual feel like they are not in control of their food intake. Try precutting foods and putting the smaller bite size pieces into casseroles, soups or gelatin.
- If chewing meat is difficult, use soft high-protein foods. Try moist meat loaf, egg salad, soft meat salads, soups, puddings and custards.
- Mash foods such as potatoes and shred raw vegetables or fruits to use in salads, gelatins or stir fry.

Tips If Emotional and Social Factors Affect Food Intake

- Serve food attractively, with a variety of color, temperature and texture, and make the surroundings pleasant. Food tastes better if it looks good to eat. Try colorful placemats or trays, a centerpiece, or setting the food tray next to a window.
- Don't serve the same foods day after day.
- Invite friends or relatives over to share a meal. Turn the TV or radio on if eating alone.
- Eat out occasionally. Go to a meal at a senior citizens center or a restaurant which features senior citizen discounts.

Suggested Readings:

Oklahoma State University Extension Fact Sheets:

T-3148, *Food Intake in Later Years*

Reference List:

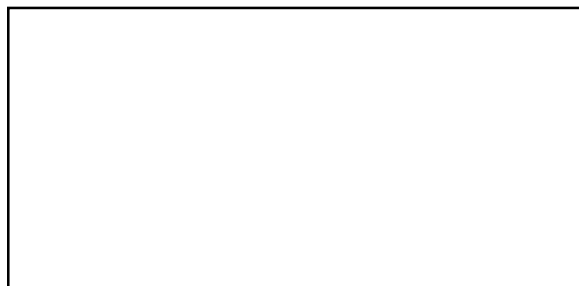
Schlenker, E.D. (1993) *Nutrition in Aging*, 2nd Ed. St. Louis, MO: Mosby Year Book Inc.

Mace, N.L. and Rabins, P.V. (1991) *The 36-Hour Day*. Baltimore, MD: The John Hopkins University Press.



OKLAHOMA STATE UNIVERSITY
Bringing the University to You

***For more information, contact your OSU
County Extension Center:***



Prepared by:

Janice R. Hermann, PhD., R.D./L.D., Nutrition
Education Specialist

Beth Ann Fulgenzi, editor and graphic designer

*This material is supported by the Oklahoma
Nutrition Education (ONE) Program through
the Oklahoma Department of Human Services
Food Stamp Program.*

Oklahoma State University, U.S. Department of Agriculture,
State and Local Governments cooperating. Oklahoma Coop-
erative Extension Service offers its programs to all eligible
persons regardless of race, color, national origin, religion, sex,
age or disability and is an Equal Opportunity Employer.
12/96