

The Development of Easily Edible Food for the Elderly

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Abstract

In our society, the elderly must be supported. Therefore, we decided to search for the relationship between physical changes caused by aging and food. Using agar and various flavors, we tried to develop food products for the elderly. We were able to make food which was easy to chew, had natural flavors and had a nice texture. Contemplating combinations also leads to fun meals and allows for more independence among the elderly.

1 Introduction

By 2025, 30.3% of the population is expected to be elderly. We as a nation must support the elderly. We decided to conduct this research because we believe that it is necessary to devise ways for the elderly to enjoy their daily lives.

2 Theory and Experiment

First, we received lectures from experts on the physical changes and diet of the elderly. They found that older adults had changes such as reduced swallowing reflexes and dehydration. We focused on how swallowing works. The swallowing reflex was found to be divided into five stages.

3 Results and Discussion

We sampled ready-made products for the elderly with dysphagia and compared them with prototypes. You can swallow it without chewing. It needs a natural flavor. The texture is easy to drink. These three common elements were achieved in this prototype. For the future prospects of this experiment, we recommend expanding coverage, improving quality and conducting more precise experiments.

4 Conclusion

Meals stimulate all five senses. You thought that thinking about food combinations, as well as meals, led to conversations that led to enjoyable meals.

5 References

The essentials of feeding and swallowing care that are immediately useful in nursing practice: Saito Masashi / Matsuda Naomi (Syuwa system)