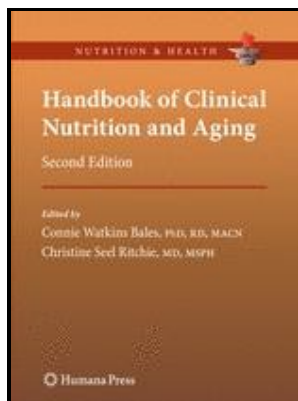


# Nutrition in aging

## Mosby - Nutrition in Aging



Description: -

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Nutrition disorders in old age.

Older people -- Nutrition.

Aging -- Nutritional aspects. Nutrition in aging

-Nutrition in aging

Notes: Includes bibliographical references (p. 369-375) and index.

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Tags: #In #Pursuit #of #Healthy #Aging: #Effects #of #Nutrition #on #Brain #Function

### Nutrition in Aging

Add flavor to food with herbs and spices. And certain medicines might make it even more important to have plenty of fluids. Of note, a balanced nutrition is not only linked to individual health.

### The Facts About Aging and Nutrition

The use of special diets or the ingestion of megadoses of vitamins do not improve health or prolong life. However a meta-analysis has reported that supplementation of 700—1000 IU 17. Olive oil is the primary fat source in the Mediterranean diet and the benefits of this diet on brain function have been primarily attributed to it.

### Aging and Nutrition

Inadequate nutrition due to poor diet can trigger or worsen these illnesses and complicate recovery. Meeting the diet and nutrition needs of older people is crucial for the maintenance of health, functional independence and quality of life. Food habits and appetite of elderly women at the time of a femoral neck fracture and after nutritional and anabolic support.

### Nutrition for Older Adults: MedlinePlus

Microbiota-Gut-Brain Axis and Nutrition The reciprocal impact of the gastrointestinal GI tract on brain function has been recognized since the 19th century.

### Aging and Nutrition

A suboptimal diet is associated with poorer cognition: The NUDAD project. Detection of neurofibrillary tangles and of 4-hydroxynonenal protein, an oxidative damage product, in senile plaques.

### Aging and Nutrition

Body mass index and waist circumference independently contribute to the prediction of nonabdominal, abdominal subcutaneous, and visceral fat. Several micronutrients appear to be important for cognition. Some people lose their sense of thirst as they age.

## Related Books

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