

## **Meal Delivery and Nutritional Needs in Older Adults**

Nutrition is vital at older age. It can help prevent disease and illness. However, many older adults don't give it much thought, despite its impact. We tend to focus more on memory loss, falls, and conditions than on the importance of our diet.

Experts recommend that adults eat five portions of fruit and vegetables a day, minimise sugar and salt, and drink enough water. The recommended intake of vitamins and minerals for older adults is much greater than those younger, while their [calorie consumption declines](#). Thus, this message is even more important at older age.

## **Weight Loss in Older Adults**

[Metabolism slows down](#) at an older age. This can cause a decrease in muscle mass and bone density through lack of food. Thus, keeping a healthy weight can be more difficult.

The elderly are also more prone to weight fluctuations than younger people. Many conditions prevalent at older age lead to unhealthy weight loss. E.g., malnutrition, osteoporosis, and vitamin deficiencies.

## **Preventing Conditions Through Nutrition**

Appropriate nourishment can support memory, bone density, muscle strength, heart health, and digestion. Mental processes are connected to the things we eat as well.

[Omega-3 fatty acids](#) are said to lower the risk of stroke and dementia. Furthermore, [vitamin D](#) supports bone health and the absorption of calcium.

## **Nutrition is a Challenge**

No matter how hard you try, there'll always be things that make maintain your health a lower priority. For example, feeling stressed about work or money problems. Cooking a healthy meal might not be the first thing you think of. It's

also common for older adults to have trouble swallowing or chewing food, which can make eating itself a struggle.

The side effects of certain medications can also change appetite and our [sense of taste](#).

## **How to Maintain Adequate Nutrition as We Age**

### **Eat at Regular Intervals**

Not having enough to eat is damaging, so it's important to avoid skipping meals. There's a simple solution to keep you on schedule if you find it difficult to remember.

Add all your meals and snack times to your phone or watch to remind yourself when they're due. This will help you make sure you don't skip meals accidentally.

### **Share Meals and Eat with Others**

Dining together is a [1950s tradition](#) that still holds today. By eating together, meals become something more than food.

Socialising is beneficial to mental health, but in the mealtime setting, it has the added benefit of aiding digestion. This is due to encouraging mindful eating.

### **Let Us Prep, Cook, and Deliver Your Meals**

At [St. Albans](#), we offer a local [Out Meals service](#). Thanks to the care and devotion of our staff and volunteers, we can deliver hot, ready-to-eat meals to people who are housebound in Smethwick.

All meals are prepped and cooked in our five-star rated kitchen. Plus, service continues on weekends and national holidays, with meals made and delivered frozen.

Take the pressure off and have meals delivered to yourself or a loved one. Call us on 0121 558 0018 today for more information about the St. Albans Out Meals service.