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Periodic Maintenance

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Nutrition for Seniors


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The flavors of foods may have changed but your sense of taste decreases as you age. There are fewer active taste buds and your sense of smell becomes less sensitive.

Seasoning your food is important. To stimulate your appetite use —

- Salt and pepper
- Lemon juice
- Parsley, mint, and other herbs
- Cinnamon, nutmeg, and other spices
- Onion, garlic

Keep in mind a variety of colors, textures, and temperatures as well as flavor.

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Nutrition for Seniors

Periodic Maintenance

Take the right way.
Check out your body and stay in shape.

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Prepared by Mary Darling, Extension nutritionist, and Jar Wesselman, registered dietitian, to be used in conjunction with the slide set, “Nutrition for Seniors.”

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Periodic Maintenance

The process of growing older is different for each person, but there are predictable changes that will happen.

For example, there are changes in your body that may affect the digestion of food.

- **Health of teeth and gums and ability to chew.**
- **Decreasing sense of taste**
- **Decrease in the amount of saliva and other digestive juices.**
- **Reduced muscular function, which contributes to constipation.**

*Eat fiber, such as:*

- whole grain breads, cereals and crackers
- dried beans and peas, such as split pea soup or baked beans, nuts and seeds
- cooked and raw fruits and vegetables such as; apples, berries, beets, carrots, and peas
- dried fruit such as raisins and prunes

**Avoid Laxatives**

Drink plenty of fluid each day — 6-8 glasses including:

- water
- juices
- coffee
- tea
- milk

and . . .