

Nutrition for Seniors Eat Smart Live Smart (v1)

1. Is healthy eating a challenge for ageing?

健康飲食對老齡化是一個挑戰嗎？

Eating and drinking is a fundamental activity that most healthy adults associate with pleasure.

飲食是一項基本活動，與大部份健康成年人的開心愉快感息息相關。

Healthy eating can be a challenge as we age.

隨著年齡增長，健康飲食變成一種挑戰。

For an older adult with a long-term illness, good nutrition takes on even more importance.

良好營養對患有長期疾病的長者尤其重要。

Older adults may have health problems that cause a loss of appetite or make it hard to eat.

長者可能有健康問題導致食慾不振或難以進食。

This could include conditions such as dementia and other chronic illnesses.

如患上腦退化症或其他慢性疾病等。

They may be on restricted diets that make foods taste bland.

他們的飲食受到限制，令食物淡而無味。

They may also have dental problems that make it hard to chew or swallow foods.

他們也可能有牙患令咀嚼困難或難以吞嚥。

Getting older means needing fewer calories than younger adults.

年長了意味著比年輕人需要更少的卡路里。

But it doesn't mean that a person should stop eating entirely.


但這並不意味著這人應該完全停止進食。

Older adults have specific nutritional needs.

長者有特定的營養需求。

Staying healthy as an older person means ensuring those needs are met.

長者保持健康，意味著要確保滿足他們的需求。

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Giving the body the right nutrients and maintaining a healthy weight can help our seniors stay active and independent.

給身體正確的營養和保持健康的體重可以讓長者保持活躍和獨立。

The worldwide population is ageing, with the number of people aged ≥ 65 years projected to be more than doubled from 2019 and become 1.5 billion by 2050.


全球人口正在老化，預計從 2019 年起 65 歲及以上人口以倍數增長至 2050 年將達到 15 億。

As the number of older adults continue to rise, provision of optimal healthcare to this population is needed.

長者數目不斷增長，因此需要為他們提供最佳醫療保健。

Nutrition is a key determinant of healthy ageing.

營養是健康老齡化的關鍵因素。

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