

Nutrition for Seniors Eat Smart Live Smart (v8)

8.1 How to Encourage Seniors with Eating Problems to Eat More

如何鼓勵有飲食問題的長者進食

For Seniors with Poor Appetite 食慾不振的長者

In older people, loss of appetite can often point to a major illness.

當長者患嚴重疾病的時候，其表徵多是食慾不振。

The first thing to do when the senior stops eating or shows a decline in interest in food is to find the cause.

當長者停止進食或對食物的興趣下降時，第一件事是找出其原因。

Treating the underlying cause can often help a person regain some appetite.

治療根本原因可助恢復食慾。

Bringing the senior to a doctor to get to the bottom of the issue and find the cause is a good first step.

讓長者去看醫生，以深入了解問題並找出原因，是很好的第一步。

While treating the underlying cause of the appetite problem, there are things one can do to encourage the senior to eat or to stimulate their appetite.

當治療引致影響食慾根本的問題時，可以採取一些措施來鼓勵長者進食或刺激食慾。

■ Evaluate the Environment

環境評估

First, assess the environment and layout of the area where the senior eats.

首先，評估長者進餐區的環境和佈局。

If there's a lot of noise in the room or if the light is too dim, it can make it difficult for the senior to focus on eating.

如果房間裡很多噪音或燈光太暗，那麼長者便很難集中精神吃飯。

This is particularly true for person with dementia.

對腦退化症患者尤其如此。

Create an inviting atmosphere for meals.

營造令人愉悅的用餐氣氛。

Turn off the radio or TV.

關閉收音機或電視。

If the senior is living in residential home, see if it is possible for him or her to eat in the room, rather than in a crowded, busy dining area.

如果長者是居於院舍中，嘗試讓他或她在房間內進食，遠勝於在擁擠，繁忙的用餐區中進食。

If the eating area is dark, open the curtains or turn on a light.

如果進餐區很暗，打開窗簾或開燈。

In some cases, a room that's too bright or that has sharp, glaring lamps can make it difficult for a person to eat.

在某些情況下，房間太亮或燈光太耀目會令人難以進食。

Change the position of lights if they are shining in a person's eyes or directly on the table.

如光線照射著眼睛或直接照射在桌上，可更改其位置。

■ Choose the Food with Care

用心選擇食物

Getting the senior to eat is about offering quality, not quantity.

讓長者進食，是提供質量而非數量的食物。

It is better to offer nutrient-rich, healthy choices than to provide high calorie, high-fat junk food.

提供高營養，健康的食物比高卡路里，高脂的垃圾食品為佳。

Often, serving smaller meals more frequently can help a senior regain his or her appetite.

通常少食多餐可助長者恢復食慾。


Limiting the choices available can also help resolve a loss of appetite in elderly people.

限制可供的選擇可助解決長者食慾不振。

When there's too much available, it's easy for a person, especially someone with cognitive decline, to become overwhelmed by it all.

因太多選擇，很易令人，特別是認知能力下降者，不知所措。

Along with providing the seniors with the right food, be sure to make water available at all meals and throughout the day.

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	Page	2

除了為長者提供正確飲食外，還應確保每餐及整天都提供充足水喝。

People are less likely to eat when they feel dehydrated, and older adults often have difficulty detecting thirst.

如人們感覺脫水就不太願意進食，而長者更難察覺到口渴。

■ **Make meals an occasion**
讓餐食成為特別的活動

It can be difficult for a person who lives alone or in a residential home to get excited about eating.

獨居或住在院舍中的長者，很難令他對進食感到興奮。

But if you work with the seniors to make regularly scheduled meals an event, they are going to be more likely to want to eat.

如果你讓餐食成為長者特別的活動，這可能令他們願意進食。

Schedule regular mealtimes each day.

每天安排定時進餐。

You can do a traditional three meal day or have five or six smaller mealtimes.

可以每天有傳統三餐，也可以安排五或六餐少食。

If the senior has stopped eating, get to the bottom of it and get any medical conditions under control.

如果長者拒食，要徹底了解問題癥結及治療病狀。

Once you know why a senior has lost his or her appetite, you can work out how to get that person eating again.

一旦知道長者為何失去食慾，你便可以找出如何使他再次進食。

8.2.1 For Seniors Who Need to Gain Weight
須要增重的長者

- **Make company:** Know the senior who may not like to eat alone.

陪伴：需要瞭解長者可能不喜歡單獨地進食。

Often a lack of interest in eating is because a person is bored, lonely, or distracted with TV.

對飲食失去興趣，可能一個人感到無聊，孤獨，或被電視分心。

- **Increase the Calories:** For those who need extra calories or nutrients, adding these in other foods may help.
增加卡路里：需要額外卡路里或營養的人，在其他食物中添加，可能會有幫助。
- **Make high calorie drinks like milk shakes.** You can add bananas, peanut butter, wheat germ, etc. to a chocolate shake for a nutritious, high calorie drink.
製作高熱量飲料如奶昔：你可以在朱古力奶昔中加入香蕉，花生醬，小麥胚芽等，以獲得營養豐富的高熱量飲料。
- **Eggnog also packs the calories.**
蛋奶也包含卡路里。
- **Add dehydrated milk to a bowl of cereal.** The calories and protein levels will be enhanced.
將脫水牛奶加入一碗麥片中，熱量和蛋白質含量會提高。
- **Don't Rush:** Meals are not meant to be a quick event. Sometimes a rushed person will simply refuse to eat.
別催促：用餐不意味著要快。有時一個被催促的人，反而拒絕進食。
For those who eat slowly, reheating food may help them to finish a meal that has become cold.
那些進食得慢的人，將冷了的食品重新加熱，可以幫助他們吃完整份餐。

8.2.2 For Seniors with Chewing and/or Swallowing Problems

有咀嚼和/或吞嚥問題的長者

On the other hand, chewing and swallowing problems are common in older adults which limit their ability to eat food of normal texture, and therefore increase the risk of malnutrition.
另一方面，咀嚼和吞嚥問題在長者中很常見，限制了他們食用正常質地食物的能力，因此增加了營養不良的風險。

For older adults with signs of dysphagia and/or chewing problems, they should be offered texture-modified, enriched foods as a compensatory strategy to support adequate dietary intake and to reduce the risk of choking, aspiration and pneumonia.

對有吞嚥困難和/或咀嚼問題的長者，應向他們提供質地改良，營養豐富的食物作為補充策略，以支持攝入充足飲食並減少哽噎，誤吸和肺炎。

Solid foods may need to be chopped, minced or pureed to reduce the amount for chewing required and to reduce the risk of blocking the airway.

固體食物要切碎，免治或製成糊狀，減少咀嚼需要，並減少阻塞氣道的風險。

Older adults with swallowing problems should be referred to healthcare professionals for swallowing assessment and advice for appropriate texture.

有吞嚥問題的長者，應轉介專業醫療人員進行吞嚥評估，並建議適當質地的食物。

The principle for preparing texture-modified foods such as minced food and pureed food is to ensure that the diet is balanced according to dietary recommendations and include a variety of food.

備製質地改良的食物原則，如切碎，糊狀食物，是要確保根據飲食建議中的平衡飲食，並包括多種食物。

Healthcare professionals can also use the Taiwan Food Plate concept and Harvard Healthy Eating Plate concept in coming chapter to guide older adults and their caregivers on how to achieve a balanced diet with textured-modified food.

專業醫療人員可以使用下一章提及的台灣食物餐盤概念或哈佛健康食物餐盤概念來指導長者及其照顧者如何改良食物質地之餘，以達致飲食均衡。

Minced food should be soft in texture, may have small visible lumps and require little chewing. 切碎的食物質地應該是柔軟，可見微粒狀，只須細細咀嚼。

Pureed food: the consistency is identical to pudding-like or extremely thick liquids.

糊狀食物與布甸狀或極稠的液體相同。

Pureed food should be prepared using a blender or food processor and have uniform, cohesive texture without lumps.

糊狀食物應使用攪拌機或食品加工機制備，質地均勻，凝聚無小粒。

8.2.3 Food choices

食物選擇

Avoid using foods that have a coarse or stringy texture, e.g., whole-grain crackers, celery, pineapple, and brisket, sticky e.g., glutinous rice flour dumplings, Chinese New Year cake, and hard in texture such as nuts, cakes or pastries that containing nuts.


避免使用質地粗糙或粘性的食物，如全麥餅干，芹菜，菠蘿，和胸肉，黏稠如糯米粉餃子，中國年糕，和質地堅硬，如堅果，含堅果的蛋糕或糕點。

Before processing the food, remove the skin, bones and seeds from the food.

在食物加工前，先除去皮，骨和種子。

Food that are large and hard should be chopped into smaller pieces and cooked until soft.

大而硬的食物需要切成小塊和煮至軟熟。

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	Page	5

For vegetables, choose the one that are soft such as wax gourd, carrot, leafy greens rather than the one that are hard, stringy and rubbery such as kale, lotus root, celery, corn.

對於蔬菜，選擇較軟的種類如冬瓜，胡蘿蔔，綠葉蔬菜，而不要選擇較硬的，粘性和橡膠狀的蔬菜，如羽衣甘藍，蓮藕，芹菜，玉米。

For meat, fish, egg and alternatives, choose meats that are skinless and boneless such as minced pork, shredded chicken, small chunks of tender beef, flaked fish, eggs, soft tofu; and avoid meats that are tough, chewy or with bones such as beef shin, squids, spare ribs.

對於肉，魚，蛋和其替代品，選擇無皮，無骨如免治豬肉，雞絲，小塊嫩牛肉，魚片，雞蛋，軟豆腐；避免使用堅韌，耐嚼或帶有骨頭的肉類，如牛小腿，魷魚，排骨等。

Some cooking methods such as steaming, boiling and stewing can keep the foods moist to facilitate with food processing after cooking.

一些蒸，煮，燉等烹飪方法可使食物保持濕潤，有利于烹飪後的食物加工。

8.3 Attention to Food presentation

注意食物展示

For food to be appealing, it needs to look good.

食物要具吸引力，就需要好看。

Avoid mixing all the foods together.

避免將所有食物混在一起。

Serve each item separately, e.g., rice and noodles should not be pureed together with the ingredients of the main dishes.

分開每種食物，例如米飯和麵條不要與主菜的成分一起製成糊狀。

Choose a variety of colourful ingredients, e.g., carrot, pumpkin, tomato, egg yolk.

選擇各種顏色的食材，如胡蘿蔔，南瓜，蕃茄，蛋黃。

Separate bowls or dishes with dividers can be used to hold rice and the main dishes to allow older adults to easily differentiate and taste the different foods.

分開碗或有分隔的碟盛載米飯和主菜，令長者可輕鬆區分和品嚐不同的食物。

Sometimes when mincing and pureeing food, extra ingredients may be needed to enhance the flavour to stimulate the appetite.

當製碎狀和糊的食物，可能需要額外的成份來增強味道，以刺激食慾。

Natural seasonings such as ground ginger, ground garlic, ground pepper, ground herbs and vinegar may be used.

可以使用天然調味料，例如薑粉，蒜粉，胡椒粉，香草粉和醋等。

Make the most of every bite

善用每一口

If older adults have difficulty in chewing and/or swallowing, getting the proper calories and nutrition for health can be challenging.

如果長者有咀嚼和／或吞嚥困難，為獲取適當卡路里和營養以維持健康是一項挑戰。

It is therefore important to ensure they are making the most of every bite.

因此，確保他們充分進食每一口食物是重要的。

For older adults who are struggling with weight loss, some sources of healthy fats can be added to increase calorie intake.

正為體重下降而愁煩的長者，可以添加一些健康脂肪以增加卡路里的攝入。

For example, try adding a teaspoon of healthy oil such as sesame seed oil, olive oil and flaxseed oil into congee, soup, mashed potato or puree.

例如，嘗試在粥，湯，薯蓉，糊餐中，加入一茶匙健康油，例如芝麻油，橄欖油和亞麻籽油。

To increase protein intake, try adding extra full-cream or skimmed milk powder to milk, milkshake, oatmeal, local sweet soup e.g., sesame sweet soup, red bean sweet soup, egg custard, white sauce and mashed potato.

為了增加蛋白質的攝入量，可嘗試添加額外的全脂或脫脂奶粉在牛奶，奶昔，燕麥片，糖水例如芝麻糊，紅豆粥，燉蛋；白汁和薯蓉中。

Also, try adding egg, minced meat or tofu to oatmeal, congee and soup.

另外，可以嘗試加雞蛋，碎肉或豆腐入燕麥粥，粥和湯中。

Difficulty in chewing impacts on food intake.

咀嚼困難會影響食物攝入。

It may contribute to poor nutrition, which in turn predisposes to frailty and sarcopenia.

它可能會導致營養不良，進而導致虛弱和肌少症。

8.4 Sarcopenia

肌少症

Sarcopenia is a progressive and generalised skeletal muscle disorder involving the accelerated loss of muscle mass and function that is associated with increased adverse outcomes including falls, functional decline, frailty, diabetes, myocardial infarction, stroke, and mortality.

肌少症是一種漸進的和全身性骨骼肌肉疾病，涉及肌肉質量和功能加速喪失，並隨之令不良後果增加，包括跌倒，功能下降，衰弱，糖尿病，心肌梗塞，腦中風和死亡。

Although some of the causes of sarcopenia are a natural consequence of ageing, others are preventable.

儘管一些肌少症的病因是老齡化的自然後果，但其他原因是可以預防的。

In fact, sarcopenia refers not only to muscle mass reduction, but including muscle strength loss, and poor activity performance.

其實，肌少症不只是肌肉質量減少，而是包括肌肉力氣減退及活動表現變差。

Especially when the senior starts walking slowly, does not have the strength to twist towels, getting up slowly from the chair, cannot open the bottle cap, etc., the senior is highly suspected of the risk of having sarcopenia

尤其當年長者出現走路速度變慢、沒有力氣擰毛巾、從椅子起身的速度變慢、瓶蓋轉不開等等，就必須高度懷疑長者有肌少症的風險！

In fact, a healthy diet and regular exercise can reverse sarcopenia, increasing lifespan and maintaining quality of life.

實際上，健康的飲食習慣和定期運動可以扭轉肌少症，延長壽命和維護生活質素。

One of the factors that accelerate muscle loss is unbalanced diet.

飲食不均衡是加速肌肉流失的因素之一。

A diet providing insufficient calories and protein results in weight loss and diminished muscle mass.

熱量和蛋白質不足的飲食會導致體重減輕和肌肉質量下降。

Unfortunately, low-calorie and low-protein diets become more common with ageing, due to changes in sense of taste, problems with the teeth, gums and swallowing, or increased difficulty shopping and cooking.


不幸的是，低熱量和低蛋白質飲食隨著年齡增長而變得更加普遍，往往由於年長者味覺改變，牙齒，牙齦和吞嚥問題，或購物和烹飪難度增加而造成。

Getting enough protein is important for health.

攝取足夠的蛋白質對健康很重要。

The basic tips on diet for older adults will be explicated in the following section.

有關長者飲食的基本技巧將在下一節中解釋。

	File	Handout - Nutrition for Seniors Eat Smart Live Smart (v8)
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	Page	8