

## Nutrition for Seniors Eat Smart Live Smart (v12)

### 12. Nutrition for Seniors 樂齡營養

Eating is one of the most basic of human needs.

飲食是人類最基本的需求之一。

Seniors can have different challenges.

長者可能面臨不同的挑戰。

It could be a loss of appetite and unhealthy weight loss, problems with chewing or swallowing, or a need to reduce fat and sugar with certain chronic conditions.

可能是食慾不振和非健康性體重減輕，咀嚼或吞嚥困難，或因某些慢性疾病下需要減少脂肪和糖份攝取。

Food and energy intake tend to decrease with ageing for both physiological and practical reasons including reduced activity, reduced muscle tissue, a lower resting metabolic rate, and smaller meals.

由於生理和實際原因，食物和能量攝入會隨著年老而減少，包括活動減少、肌肉組織減少、休息代謝率降低和小餐。

This reduced energy intake, also known as “anorexia of aging,” is a potential health risk because, even though food intake is reduced with age, the need for most nutrients does not decrease with age.

這種能量攝入的減少，也稱為“老年性厭食症”，是一個潛在的健康風險，因為即使食物攝入量隨著年齡的增長而減少，對大多數營養物質的需求也不會隨著年齡的增長而減少。

Malnutrition is closely related to death, cognitive insufficiency, length of hospital stay, and quality of life of the elderly.


營養不良與老人的死亡、認知功能不全，住院日期長短，及生活質素息息相關。

So, it is important for clinicians to understand how to assess the nutritional status of the elderly and properly use screening tools to give appropriate nutritional support.

因此，對於臨床醫護人員而言，了解如何評估老人的營養狀況，並正確使用篩檢工具來給予長者適當的營養支持，是非常重要的。

Hong Kong has entered an ageing society and more attention should be paid to the prevention and care of the elderly.

香港已步入高齡化社會，應更重視對長者的疾病預防與照顧。

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Nutrition is an important factor affecting the quality of life, psychology, socialization and even death of older people.

營養是影響長者生活質素、心理、社交甚至是死亡的重要因素。

Only careful assessment of the nutritional problems and early screening of the elderly can prevent early functional degradation and death of the elderly.

唯有審慎評估並及早篩檢長者的營養問題，才能預防長者提早的功能退化和死亡。

Whether you are formal or informal carers, understanding the food preferences and eating habits of the seniors is important.

無論你是正式或非正式的護理人員，了解長者飲食偏好和飲食習慣都很重要。

Attention to provision of an appropriate diet and fluid intake can assist in promoting health and well-being of the seniors.

注意提供適量的飲食和液體攝入，有助促進長者的健康和福祉。

Nurses and care workers play key roles in providing seniors with help during their stay in hospital or residential homes.

護士和護理員在長者住院或居於院舍期間提供協助，發揮著關鍵作用。

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

為長者身體提供正確的營養並保持健康體重，可助長者保持活躍和獨立。

### Remember the Tips for Better Elderly Nutrition

緊記最佳長者營養錦囊

**Increase Vegetables and Fruits:** Overall, the fiber, vitamins, and enzymes present in fresh plants are best for all of us.


增加蔬菜和水果：總括而言，存在於新鮮植物中的纖維，維生素和酶，對我們所有人都非常適合。

**Make Lunch the big meal of the day:** We all need more calories earlier in the day.

讓午餐成為每天中的大餐：實際上我們都需要在每天較早時間攝入更多的卡路里。

**Stay Hydrated:** The more fruits and vegetables in our diets, the more naturally hydrated we are.

保持水份：飲食中的水果和蔬菜越多，水份補充越平衡。

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**Go for the Grain:** when making decisions about which breads to choose, always go for the one higher in whole grains.

選取穀物：在決定選擇那種麵包時，應選擇全穀物中較高的一種。

**Eat Small Meals more often:**

少食多餐：

It is better for most seniors to eat 5-6 small meals a day because this can:

長者適宜每天進食 5-6 次小餐，因為這可以：

- **Reduce the highs and lows of insulin levels**  
降低胰島素水平的高低起伏
- **Help seniors who find it painful to eat large meals because of chest congestion or breathing problems**  
幫助那些有胸肺阻塞或呼吸困難，而難以進食大分餐量的長者
- **Encourage more calorie intake for those who have lost their appetite**  
鼓勵食慾不振的長者攝入更多卡路里
- **Offer more opportunities to socialize and be with others**  
提供更多社交機會和其他人一起進食

By using these simple tips, you can help seniors to cut through the confusion and learn how to create and stick to a tasty, varied, and nutritious diet that is as good for the mind as it is for the body.

通過使用這些簡單的錦囊，可以幫助長者消除困惑，學習如何創作及堅持美味，多樣化和營養的飲食，既有益於身心，又有益於身體。