

## Nutrition for Seniors Eat Smart Live Smart (v2)

### 2. Importance of nutrition in healthy ageing

#### 營養對健康老齡化的重要性

Mouth problems and swallowing difficulties may lead to low food intake.

口腔問題和吞嚥困難可能導致食物攝入量低。

The importance of regular care of the teeth and mouth has been stressed in previous online course on oral health for the seniors.

先前的口腔健康網上課程中，強調了定期護理牙齒和嘴巴的重要性。

Your body naturally loses muscle and bone as you age.

因隨著年齡增長，身體的肌肉及骨骼會自然流失。

However, malnutrition can accelerate these losses and impact your independence and ability to be active.

但是，營養不良會加劇其流失，並影響長者的自理和活躍能力。

The ageing process affects people at different rates.

老齡化過程以不同的速度影響人們。

A good diet and physical activity help to minimize potential health problems and accelerate recovery from episodes of illness.

良好的飲食習慣及體能鍛煉有助於將潛在的健康問題減至最低及疾病時迅速恢復。

As activity lessens, calorie requirements fall.

隨著活動減少，對卡路里須求降低。

However, if insufficient food is eaten, the level of nutrients in the diet can become dangerously low, leading to a vicious circle of muscle loss, even less activity, and even lower appetite.

但是，進食的食物不足，飲食中的營養成份就會變得危險地低，導致肌肉流失，活動更減少，甚至食慾降低等惡性循環。

Weak muscle power can make some older people feel unsteady on their feet, and fear of falling may deter them from trying to be more active.

肌肉軟弱無力令部份長者步履不穩，及害怕跌倒窒礙他們嘗試更活躍。

Good nutrition is thus part of healthy ageing.

因此，良好的營養是健康老齡化的一環。

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The coming chapters will draw attention to the multiplex of factors that may alter a senior's appetite, eating and drinking behaviours, and possible ways to enhance nutrition in the seniors.

接下來的章節請留意多種因素可能會改變長者的食慾，飲食行為，及如何增加長者營養的可行方法。

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