

# Nutrition

Dissemination and empowerment

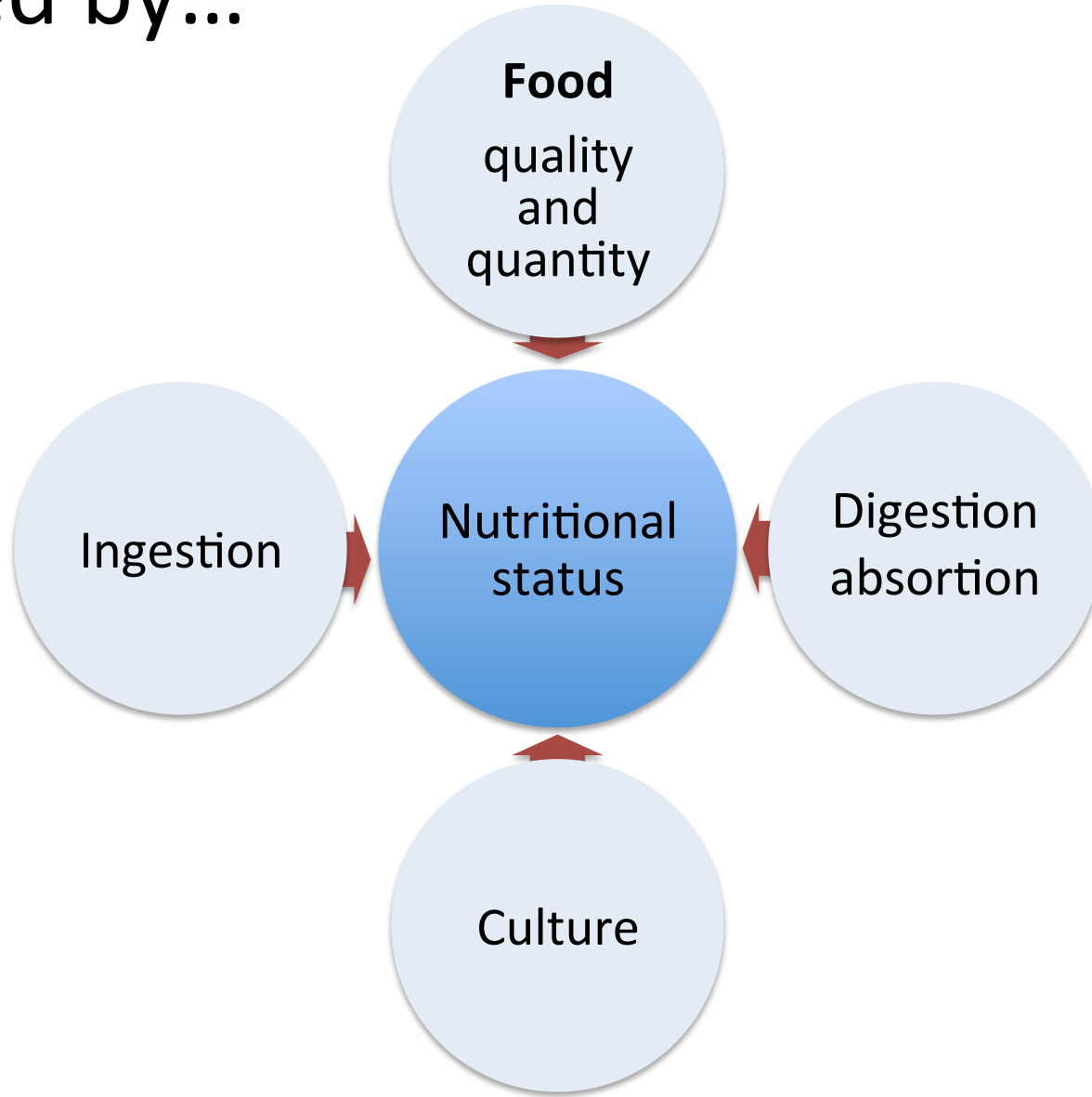
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# Using a common, integrated vision on the nutritional approach to frailty.



# Nutritional status in the elderly is affected by...



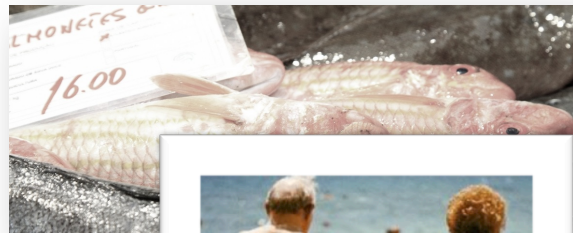
# Food quantity and quality depends on

## Personal choices

- Cognitive condition
- Preferences
- Appetite
- Education/religion/  
social status

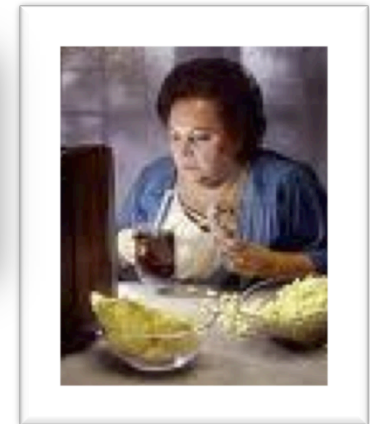
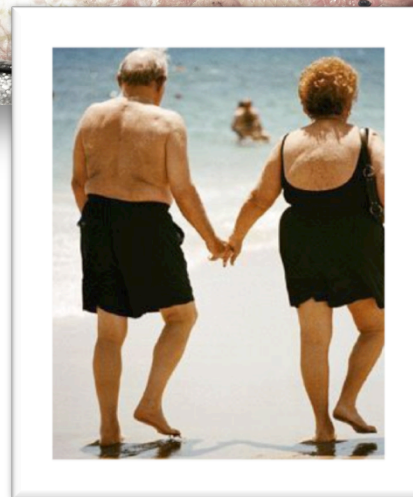


## Money available



## Access

- Medical condition
- Social isolation
- Help/assistance



# Nutritional problems are diverse

**Overweight**

**Undernutrition/  
malnutrition  
and overweight**

**Malnutrition**



Farmers  
Health professionals  
Culinary experts  
Caterers  
Housewives  
Consumers of all ages

**need reliable information about**

healthy food (composition, stability and safety)

healthy cooking (methods and seasoning)

healthy eating (needs, portions, meals)

Information and training to address  
different ages,

social environments,



professional groups

and EU regions

