

Using food products to support healthy ageing

What do Older Adults and Healthcare Professionals think?



Consuming a Mediterranean diet promotes a healthy Gut Microbiota and overall health, but adopting this diet can be difficult.

Providing key Mediterranean Diet nutrients through a food product might be a way to promote healthy ageing.

What do you think of food products to promote good nutrition in older age?

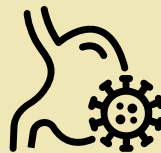
47 Adults aged 55+ years



26 Healthcare Professionals



A supplemental "boost" would be useful to reach nutrition requirements e.g. fibre, protein, iron.



Products which "repair the gut" are consumed only occasionally e.g. probiotic supplements.



Some people "want a bite", not "sloppy" drinks/yoghurts, but others have unique texture requirements.



Products must not be alienating or ageist in branding or presentation.



Healthcare professionals are sceptical of "wonder cure" products.



Packaging and preparation which is accessible and convenient, and avoids plastic waste is important.

Food products are a convenient way of attaining hard-to-reach nutrients, so long as they are acceptable and accessible, and complement a healthy balanced diet.



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