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Elderly Nutrition Problems.

In old age people suffer from internal organs diseases very often. More than 90% of the elderly have these diseases. As much as one third of all older people complain of cardiovascular, respiratory and digestive diseases, diseases of the genitourinary system, kidneys and cancers. Malnutrition is a common reason of different disorders of organs and systems, especially when the disease occurs acutely, or due to chronic diseases or disorders. Malnutrition can have a number of adverse effects on the body.

Changes in metabolism and in all organ systems occur with aging. The number of people with obesity is increasing. Obesity is a significant risk factor for atherosclerosis, hypertension, cholecystitis and cholelithiasis, diabetes, gout and uric acid diathesis, osteoarthritis and other changes in the musculoskeletal system. Most old people consume too much food containing animal fats. More meat is consumed than fish. There is an obvious excess of flour and sugar in the diet. At the same time, vegetables, fruits, herbs, oil are not consumed enough.

We may influence our metabolism, the adaptive-compensatory potential of the body and the aging process by changing our eating habits and following nutrition recommendations.