

# Challenges Aging Adults Face Maintaining Good Nutrition

Aging adults often face several challenges when it comes to maintaining good nutrition. Here are some common challenges they may encounter:

## 1 Reduced Appetite

As people age, their appetite tends to decrease, which can lead to inadequate food intake and nutrient deficiencies.

## 2 Changes in Taste and Smell

Aging can affect the senses of taste and smell, making food less appealing. This can result in a loss of interest in eating and a decreased enjoyment of food.

## 3 Dental Problems

Oral health issues, such as tooth loss, gum disease, or poorly fitting dentures, can make it difficult to chew and swallow certain foods. This can limit food choices and decrease nutrient intake.

## 4 Digestive Issues

Older adults may experience digestive problems like constipation, acid reflux, or decreased stomach acid production, which can affect their ability to digest and absorb nutrients properly.

## 5 Medications and Health Conditions

Many aging adults take multiple medications, which can interfere with appetite, digestion, or nutrient absorption. Certain health conditions, such as diabetes, heart disease, or gastrointestinal disorders, may require dietary modifications that can pose challenges in meeting nutritional needs.

## 6 Limited Mobility

Physical limitations or reduced mobility can make it harder for older adults to shop for groceries, prepare meals, or eat out. This can lead to reliance on convenience foods, which are often high in salt, sugar, and unhealthy fats.

## 7 Social Isolation

Aging adults who live alone or experience social isolation may have reduced motivation to cook and eat balanced meals. They may also face challenges in accessing fresh and nutritious food options.

## 8 Grocery Shopping

Many older adults struggle with getting the right foods and often become confused in the store.

## 9 No Emotional Connection

Deep conversations at the dinner table are often lacking in today's phone-driven world. This can create a disconnect for many older adults.



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