

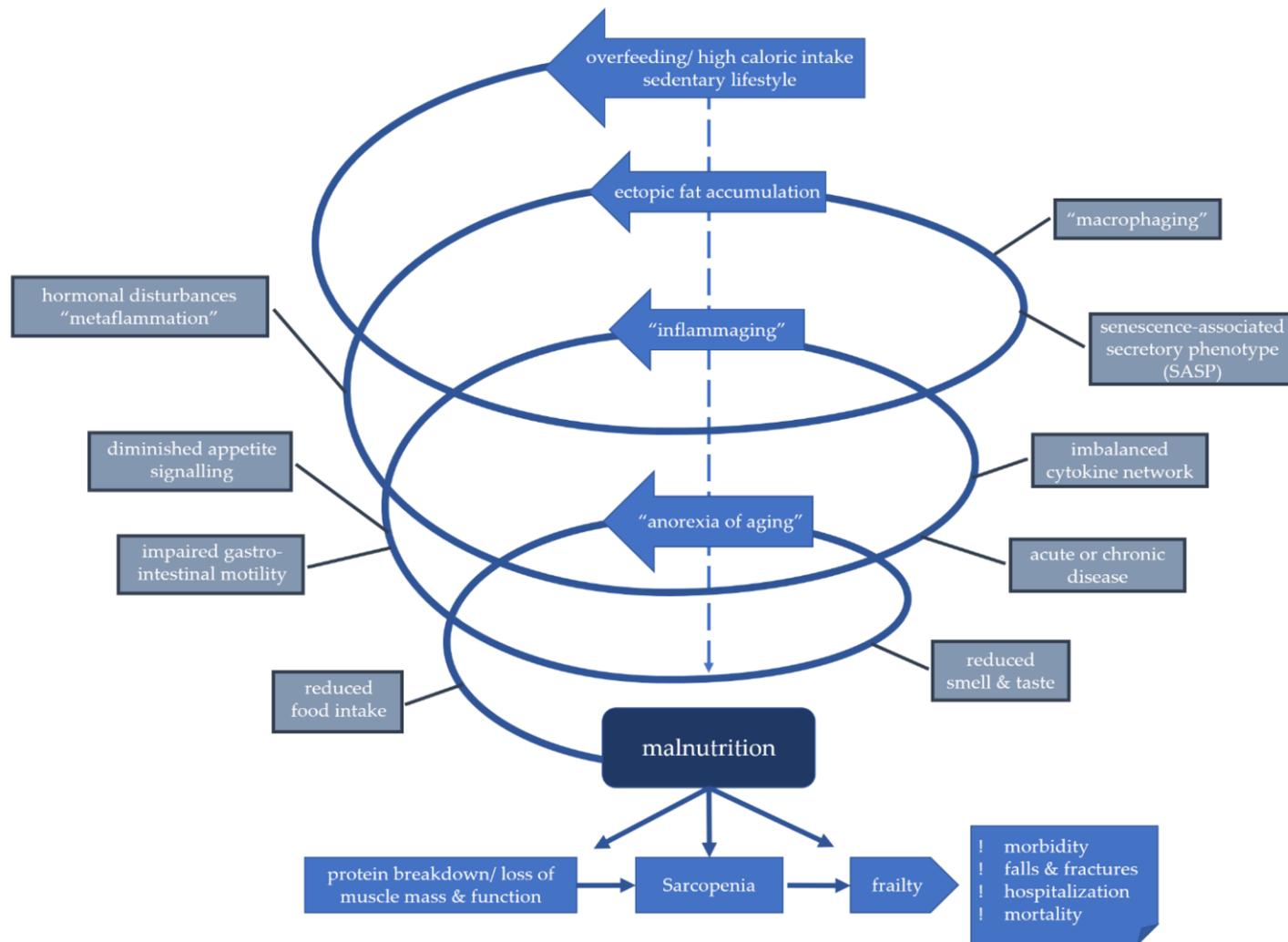
# ***Cooking for the elderly***

***A matter of taste... but also size & texture***



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Norman & al, *Nutrients* 2021

More than 50% have cognitive disorders (demencia, Alzheimer,...)

More than 35% have chewing/swallowing difficulties

About 4% eat with their hands

Loss of appetite increases x8 denutrition risks

Solids have to be less solid  
Liquids have to be less liquid → modified texture food (MTF)

You should be able to eat it without fork/knife → finger food (FF)

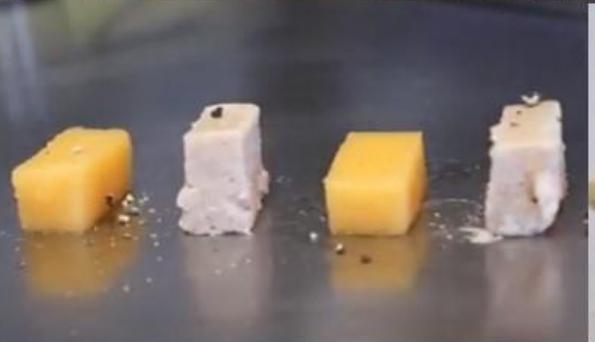
*Mechanical transformations (food is chopped, minced, mashed, blended,...)  
+ texturizers (thickeners, gelifiers,...)*

Sustainable diets are protective and respectful of biodiversity and ecosystems, accessible, economically fair and affordable, **nutritionally adequate, safe** and healthy, **culturally acceptable**.

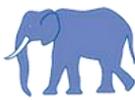




*Lavelle. In Handbook of Molecular Gastronomy, CRC Press 2021*





  
**MÉMOIRE & SANTÉ**



Lycée Auxerre



Lycée Decrétot

We need to work!