Healthy aging refers to “the process of developing and maintaining the functional ability that enables well-being in older age” [1]. Diet is a modifiable factor that can help us maintain overall health as we age [2]. A healthy diet habit is essential in the prevention and management of certain age-related conditions such as osteoarthritis [3]. The Mediterranean diet that includes various nutrients exerts numerous beneficial effects [4]. In individuals aged 70 to 90 years, following a Mediterranean diet and maintaining a healthy lifestyle has been associated with a reduction of more than 50% in mortality rates [5].

Nutrition is a crucial component of the quality of life in older adults, confounding physical, mental, and social health. A common issue among older adults is the physiological decline in food intake that often leads to nutritional deficiencies. Loss of appetite and decreased ability to digest food with aging are some of the factors underlying reduced food intake in older adults.
Hence, adhering to proper nutritional interventions and eating nutrient- and antioxidant-rich foods is essential. Strategies to increase the absorption of various nutrients (e.g., protein, iron, vitamin B12) can also be applied when necessary [6]. Moreover, micronutrient supplementation and fortification could be considered when needed [7]. Integrating nutrition and lifestyle adjustments such as exercising is the most effective holistically approach to enhancing overall well-being in older adults [7, 8].

CONFLICTS OF INTEREST

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REFERENCES


