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Ajinomoto believes umami can aid elderly to enhance appetite

KOTA KINABALU: Japan may be the first country that faced an “elderly boom,” but this segment of the population is increasing all around the world.

From France, where a quarter of the population is over 60 years of age, to the countries of Southeast Asia, where the average of reached 9.6 percent in 2016, the world is turning its attention to the care of its most senior members.

Japan has spearheaded the concept of the “healthy lifespan.”

The idea is actually quite simple: longevity may be wonderful, but it’s a lot better if the elderly can be happy, active, productive, and self-sufficient.

As a result, much attention is being paid to not only helping people live longer, but also living healthier into their old age. And it’s clear that many other countries share the same goal.

A variety of physical changes decrease people’s ability to gain necessary nutrition when they get older.

Many people in this age group use dental prosthetics, which



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can change the taste of foods due to the metal they contain.

There is a reduction in the

number of taste receptors in the mouth and throat, which leads to a decrease in the ability

to taste foods, and at the same time the ability to secrete saliva decreases, making it harder to