探討藉由調整食品質地改善老年人進食行為

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一、前言

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三、優格中添加桃膠顆粒對不同年齡消費者的口腔行為、感官知覺和喜好有何影響

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摘要

現今老年人口越來越多， 2023 年經國家發展委員會統計目前台灣處於高齡社會，而在 2026 年時會進入超高齡社會，這不僅僅會降低國家生產力更會提高社會健保給付的占比，其中老年人營養不良與進食困難逐漸成為重要議題。由於老化過程伴隨著生理變化如：咀嚼能力下降、味覺與嗅覺減退、吞嚥功能衰退等，導致老年人對食物需求下降，這不僅會造成熱量與營養素攝取不足，還可能進一步引發肌少症、免疫力下降與慢性疾病風險升高。因此，如何透過食品質地、風味與營養調控來提升老年人攝食意願與營養攝取，成為當前研究的重要方向。本次專題討論即了解年輕人與老年人味覺感受及感觀差異，研究結果顯示，老年人對鹹味的最大感知顯著低於年輕人，且鹹味上升的速率較慢，須花較多時間才能達到最大感受值，顯示老年人口腔感知敏感度下降，而後透過加入不同質地的桃膠改變食品特性，發現添加顆粒能延長進食時間、增加咀嚼次數並降低進食速率，再進一步結合感官品評及儀器分析，比較、分析不同質地對老年人進食行為的影響，透過標準感官詞彙並找出相對適合老年人且較受老年人喜愛的食品質地，不僅能幫助我們對「食物質地特性」與「消費者感官行為」之間的理解，也有助於未來針對高齡族群開發功能性食品與設計策略。總的來說，利用食品顆粒的加入達到延緩進食速率，使老年人能細細品嘗食品感官味道，並利用品評及儀器去協助開發出最受老年人喜愛之食品質地。

Exploring the improvement of elderly eating behavior through food texture modification

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Outline

I. Introduction
II. Differences in the Dynamic Perception of Saltiness Intensity Between Young and Older Adults
III. The Effects of Adding Peach Gum Granules to Yogurt on Oral Behavior, Sensory Perception, and Preferences Among Different Age Groups
IV. Texture Characterization of Semi-Solid Foods for Older Adults: Sensory Analysis and Instrumental Methods
V. Conclusion

Abstract

The aging population is rapidly increasing. According to Taiwan's National Development Council (2023), Taiwan will enter a super-aged society by 2026, bringing challenges such as reduced productivity and higher healthcare costs. Among elderly health issues, malnutrition and eating difficulties are particularly critical. Age-related declines in chewing, swallowing, taste, and smell often reduce appetite, leading to inadequate nutrient intake, sarcopenia, weakened immunity, and chronic disease risks.This study focused on how food texture and sensory perception affect eating behavior in older adults. Results showed that older adults had lower sensitivity to saltiness and slower perception rates compared to younger adults, indicating diminished oral sensitivity. Furthermore, adding peach gum particles into yogurt altered texture, prolonging eating time, increasing chewing frequency, and reducing eating speed.By combining sensory evaluation with instrumental analysis, the study identified food textures that were more acceptable and preferred by elderly participants. Overall, the incorporation of particulates not only slowed eating rate but also enhanced sensory experience, suggesting practical strategies for designing elderly-friendly foods. This highlights the importance of linking food texture with sensory perception to improve nutrition and promote healthy aging.

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