

## PARTICIPATORY & CROWDFUNDING RESEARCH

### DEVELOPING FOOD RECIPES TAILORED TO THE MASTICATORY ABILITIES OF THE ELDERLY



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Ageing is often accompanied by oral disorders (loss of tooth, decrease in salivary flow) that can make eating difficult or even painful. Poor oral health can lead elderly people to avoid hard-to-chew foods such as raw meat, fruit or vegetables, which in turn may increase the risk of nutritional deficiencies and malnutrition.

Elderly people with oral disorders are often presented with texture-modified foods, namely with chopped, minced or puréed food. However, such foods are often unappetizing and not very tasty. In addition, the consumption of this type of food contributes to the impairment of the masticatory function: the less a person chew and the more chewing difficulties worsen.

Our research focuses on the development of an intermediate texture between standard texture and minced texture, tailored to masticatory abilities and salivary flow of the elderly. As a first step, we have identified several promising culinary processes (blade tenderization, low temperature cooking, marinade...) that improve oral comfort when eating meat for an elderly panel. The next step is to decline these techniques into real-life recipes, validated from both a nutritional and sensory point of view.

To carry out this work, we are launching a research and crowdfunding project. The aim of our project is to develop an easy-to-use recipe book for cooking dishes that are tailored to the masticatory abilities of the elderly people while maintaining eating pleasure and appetite. This free cookbook will be dedicated for the elderly people, their families as well as to professional caregivers.

To support the project and make a donation: <https://thellie.org/alimadent>. Donors will be invited to be the very first to test the recipes at home and to provide feedback on recipe easiness!

*100% of the donations will be used to fund the research project.*

#### Contact

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#### To know more

Vandenberghe-Descamps M, Sulmont-Rossé C, Septier C, Follot C, Feron G, Labouré H (2018). Impact of blade tenderization, marinade and cooking temperature on oral comfort when eating meat in an elderly population. *Meat Science*, 145, 86-93.

#### Keywords

Elderly people; senior; food; mouth; oral health; tooth; recipe; texture