



# Chapter 5

## Chapter 5: Healthy Food Innovation (Medicare Food)

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# Food Innovation for the Elderly

# The characteristics of elderly that may lead to reduced food intake

Hormonal changes

Dental problems

Reduced saliva production

Decreased sense of taste and smell

Changes in metabolism

Slower digestion

Reduced physical activity

Chronic pain or discomfort





# Food Innovation for the Elderly

Food Innovation for the Elderly refers to the development and improvement of food products, ingredients, and meal solutions that are specifically designed to meet the unique nutritional, sensory, and functional needs of older adults. As people age, their bodies undergo various changes that can impact digestion, metabolism, and the ability to absorb nutrients.



# Characteristics of food suitable for the elderly



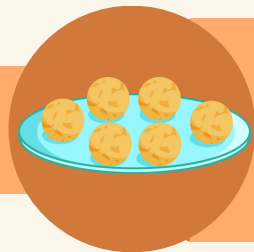
**Easy to Chew and Digest**



**Rich in Nutrients**



**Hydrating Foods**



**Small, Frequent Meals**



**Boosting Immune Health**



**Easy to Prepare**





มูลนิธิทันตนวัตกรรม



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น้ำลายเทียม ชนิดเจล

สำหรับผู้ป่วยปากแห้ง น้ำลายน้อย

ผู้สูงอายุ

ผู้ได้รับการฉายรังสีบริเวณศีรษะและลำคอ





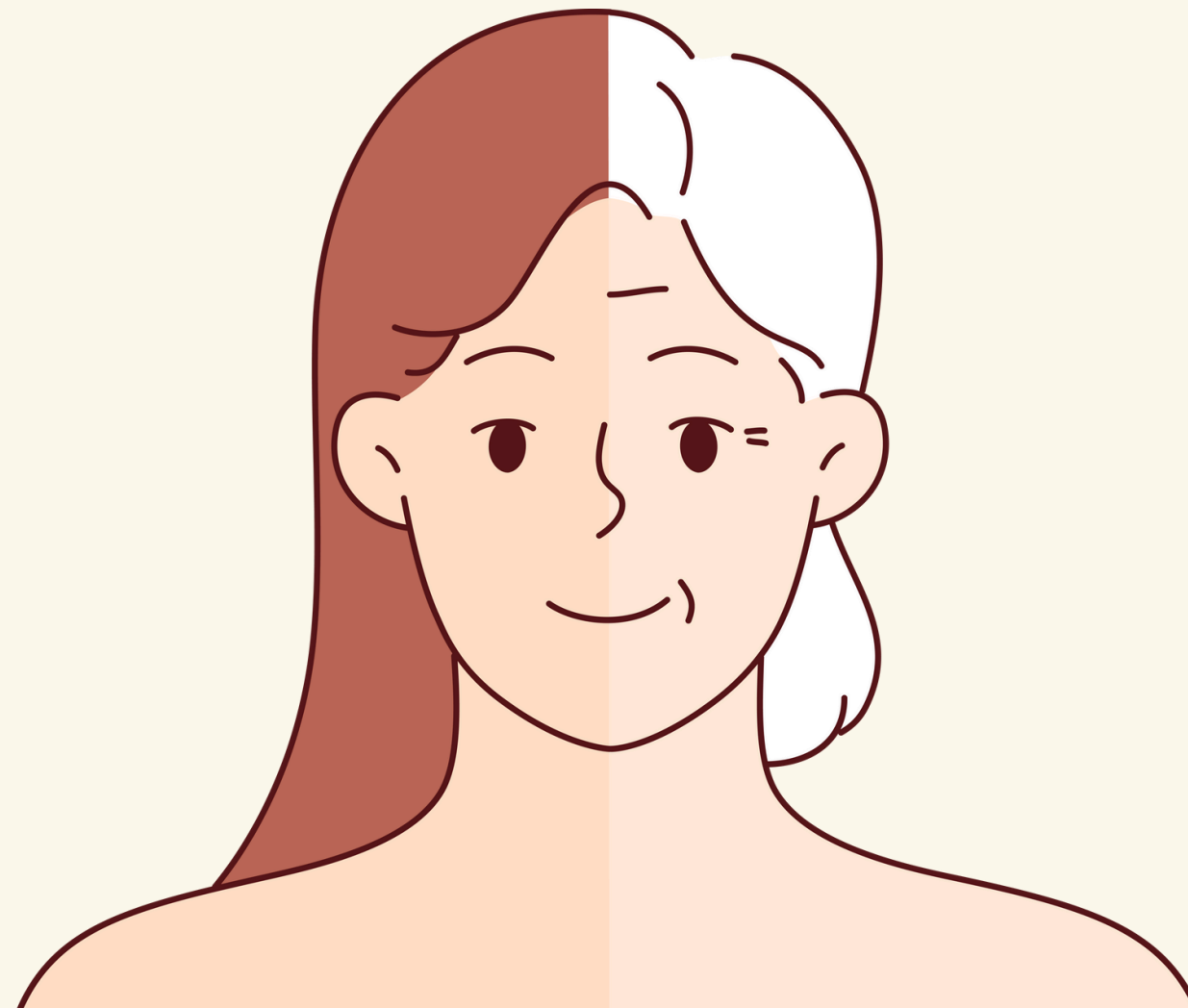
# Food Innovation for Anti-Aging





# Food Innovation for Anti-Aging

Anti-Aging Food Innovations are foods or food products designed to slow down the aging process and promote overall health and longevity. These innovations often focus on ingredients or technologies that support skin health, improve cellular function, and reduce the risk of age-related diseases.



## **Examples of Innovative Food Products Creating Value for the Future, Catering to Health-Conscious Consumers**

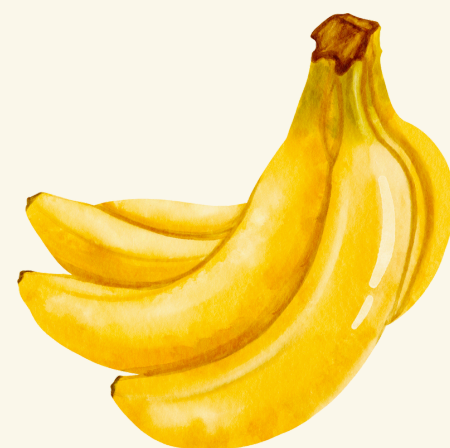
1. Concentrated Hom Nin Rice Beverage with Hydrolyzed Protein for the Elderly
2. Hydrolyzed Protein from Jasmine Rice Bran to Help Lower Blood Sugar and Enhance Brain Function
3. Instant Peach Drink with Green Tea and Turmeric Extracts for Colon Cancer Prevention, with a Pleasant Taste
4. Low GI Rice Production Process Using Infrared Technology to Reduce Glycemic Index, Suitable for Blood Sugar Control
5. Black Rice Extract Combined with Green Tea to Enhance Antioxidant Effects and Slow Down Aging





# Examples of anti-aging food innovations

"Hydrozitla" by Prove Innomed Co., Ltd. is a concentrated drink extract made from butterfly pea and banana stalks, containing natural antioxidants. It helps prevent and reduce the risk of kidney disease. This product received a bronze medal at the international innovation competition "The 48th International Exhibition of Inventions Geneva."



# Examples of anti-aging food innovations

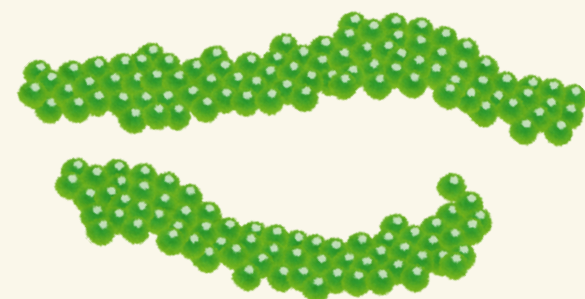
The low GI food products made from rice are derived from Jasmine rice, processed using the hot air oven drying technique. The products have been tested and found to have a low glycemic index (GI), which helps significantly **reduce blood sugar levels, blood pressure, HbA1c, cholesterol, triglycerides, and LDL cholesterol**. The products also exhibit antioxidant activity, containing bioactive compounds such as phenols and flavonoids. The product line consists of two varieties: Jasmine rice soup with a glycemic index of 47, and cereal bars with a glycemic index of 52, both of which are considered low-GI food products.





# Examples of anti-aging food innovations

The supplement made from sea grapes (Caulerpa lentillifera) has become popular for consumption, but its main drawback is its short shelf life, which causes a decline in quality over time. Researchers have studied sea grapes and discovered their potential to help lower blood sugar levels. This led to the development of a dietary supplement that can benefit individuals with metabolic syndrome or those at high risk, such as those with abdominal obesity, to prevent diabetes and high blood lipid levels.





# Lesson Summary and Application

- **Supporting Individualized Care Plans**

By learning about innovative food products (e.g., high-protein puddings, functional beverages, nutrient-dense snacks), students are better prepared to **contribute to individualized nutrition plans tailored to elderly patients' medical conditions and preferences.**

- **Collaborating in Multidisciplinary Teams**

With a foundational understanding of food innovation, students can work effectively with dietitians, speech therapists, and food service staff to **implement appropriate food strategies in hospitals, long-term care facilities,** and home settings.





Thank you!

