Q1:

Vitamin B6 :

It may help improve memory in older adults , Low vitamin B6 levels are common among elderly people and may lead to increased risk of several disorders including heart disease .

Vitamin B6 is found in:

* Avocado
* Banana
* Legumes (dried beans)
* Meat
* Nuts
* Poultry
* Whole grains

Magnesium :

Magnesium Improve Muscle Strength in the Elderly . magnesium-deficient conditions have been associated with neuromuscular and cardiovascular disorders, endocrine disturbances, insulin resistance and Alzheimer's disease .

Foods rich in magnesium include whole grains, nuts, and green vegetables. Green leafy vegetables are particularly good sources of magnesium.

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Q2 : what are food suitable for elderly having difficulty in chewing?

Soft food are suitable for elderly having difficulty in chewing ..

Dairy :-

Smooth yogurt , Milk-based drinks , Pudding, Custard .

Breads and Baked Goods:-

Corn bread, corn muffins Muffins without nuts or chunks ,Soft cakes , ,Tortillas , Pancakes .

Grains :-

Pasta , Couscous , Noodles , Bulgur , Kasha , Polenta , Soft-cooked rice .

Meats and Poultry:-

Soft-cooked chicken , Meatloaf , Chicken salad , Thinly sliced lunch meats , Meatballs .

Seafood :-

Soft-cooked fish , Fish loaf (tuna, salmon) , Crab cakes .

Q3: Nutrient dense food :

Nutrient-dense foods are foods that have a high level of nutrients compared to the number of calories they contain. These nutrients include vitamins, essential fatty acids, fiber and minerals.

\*\*\* Nutrient-dense food products improve cardiovascular health in frail elderly

Example :

Vegetables :

Spinach , Green turnip , Onions , Broccoli , Avocado , Carrots , Tomatoes …

Fruits :

Papaya ,Kiwi , Pears , Oranges , Bananas , Watermelon , Blueberries , Cranberries …

Legumes**,** Grains :

Beans , Soybeans , Corn , Brown rice , Whole wheat , Tofu , Lentils ..

Dairy Products :

Skimmed milk , Low fat cheese , Cottage cheese , Yogurt …

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