

# Nutritional reformulation of foods to provide appealing products for the elderly population

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## Conference Proceeding



### Abstract

In general, the food industry has not capitalised on the development of foods designed for the elderly population to meet their nutritional needs and sensory expectations. It is clear that the foods that the elderly consume has a direct bearing on health, quality of life and longevity. For this reason as well as for the increasing economic power, of the over 65 demographic, food producers must understand the age-related physiological changes, food behaviour, sensory preferences and nutritional requirements of the ageing population to improve quality of life but also as a lucrative source of revenue. Ageing is associated with many physiological changes, including sensory losses (aroma, flavour, taste, texture) which are can be caused by different factors such as age, medication, certain disease (such as cancer), surgical interventions, malnutrition, environmental exposures and dental problems. This talk will present some recent findings on sensory losses in the elderly and the designing of bespoke foods to meet their sensory and nutritional requirements.

### Biography

Maurice O Sullivan has a Ph.D. In Sensory and Consumer science from the Department of Food Science, University of Copenhagen, Denmark. He is a Lecturer in Food Science (specialising in sensory) at the School of Food and Nutritional Sciences, University College Cork. He has worked in the food industry as a sensory scientist and flavour chemist for Diageo (Baileys and Guinness) and as a food technologist and process/product development scientist for the processed foods sector. He is also a product development consultant to the dairy, meat and beverage industries. For many years he managed the “Sensory Unit-packaging group” at UCC working on sensory and flavour based projects involving a diverse selection of products. Maurice has published more than 200 articles in the area of sensory and consumer science including the recent book “A Handbook for Sensory and Consumer-Driven New Product Development, Innovative Technologies for the Food and Beverage Industry”, published by Elsevier.

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