

Abstract

Nutrition is an important aspect of healthful behaviour and a major component of general wellbeing of individuals throughout their life cycle. While the ageing process compromises the body's ability to obtain nutrients from food, nutrition at the same time affects how people age. This article reviews the nutritional needs of the elderly people, from the age of 51 years and above, and highlights factors that can influence their nutritional status. The article concentrates on this age group, since the recommended nutritional requirements are stated from this age and above.