



UMAMI FOR THE OLD AGE LUNCHEON SEMINAR

July 6, 2018 12:45-14:15

TU101-103, Plyu

*Sandwiches and drinks will be provided



Title: **Umami Application stimulates appetite regulation and reduces sodium intake among the elderly.** Presentation: Dr. Snigdha Misra, chair of the Department of Nutrition and Dietetics at International Medical University



With the rapidly aging society, many people of old age suffer from inadequate nutrition that brings various health problems such as frailty, low motility, and cognitive disorders.



Umami for supporting elderly health

- Umami seasonings can increase the intake of necessary vitamins, minerals and proteins from foods.
- Umami can replace part of the table salt to reduce sodium intake and maintain normal blood pressure.



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