



## Product development of meals for elderly people living at home with risk of malnutrition

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## Malnutrition in elderly people

- Common in hospitalized elderly people
  - Hospitalization readmission
  - 60% malnourished in Iceland
- Chewing and swallowing problems
- Eating dependency
- Lack muscle strength and physical function



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## Purpose of the study

- Product that improves nutritional status
- Elderly people living at home
- Quality of life
- Independence
- Tastes good
- Easy to handle



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## Product development

- Grímur Kokkur
- Mjókursamsalan
- Sláturfélag Suðurlands
  - Desirable
  - Nutritional value
  - Easy to chew and swallow
  - Packaging



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## Grímur Kокkur and Sláturfélag Suðurlands



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# Thank you



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