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
Purpose of the study

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

Product development

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

Thank you 😊