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Older adults eat well

AJINOMOTO (MALAYSIA), International Medical University and Rumah Victory Elderly Home, Puchong, are organising a year-long programme called Eat Well, Live Well Together with umami.

It is aimed at improving meal preparation, appetite, modifying and creating recipes for the elderly to ensure a balanced meal. It also addresses the overuse of salt in various forms and provides healthier options by using umami.

Activities include health screening, oral health care, appetite evaluation, lower sodium menu introduction, as well as kitchen hygiene and culinary training for cooks.

A total of 56 recipes were modified and developed using umami to ensure low sodium content.