CONTENTS

Acknowledgements
List of Tables
List of Figures and Plates

Chapter I : Introduction .......... 1

Chapter II : Review of Literature
2.1 Ageing and Nutrition .......... 12
2.1.1 Theories of Ageing .......... 13
2.1.2 Changes during Ageing .......... 20
2.1.3 Nutrition and Ageing .......... 23
2.1.4 Nutritional Requirements of the elderly .......... 35
2.1.5 Demographic data: Growth of Elderly Population .......... 52
2.2 Assessment of the Nutritional Status of the Elderly .......... 56
2.2.1 Dietary Assessment .......... 56
2.2.2 Anthropometric Assessment .......... 70
2.2.3 Biochemical Assessment .......... 79
2.2.4 Clinical Assessment .......... 82

Chapter III : Materials and Methods .......... 116

Chapter IV : Results and Discussion
4.1 Analysis of Survey Data .......... 136
4.2.1 Results of Anthropometric Measurements .......... 167
4.2.2 Results of Biochemical Analysis .......... 180
4.2.3 Results of Clinical Examination data .......... 194
4.3 Results of the Taste Acuity Tests Detection and Recognition Thresholds .......... 201
4.4 Relationships between Dietary, Anthropometric and Biochemical Parameters .......... 209

Chapter V : Summary and Conclusions .......... 240

References .......... 250

Appendices .......... i