

The Determination of Total Energy and Nutrient Intake in Older Adults in Turkey

Nurcan Yabanci Ayhan¹, Pelin Bilgic², Isil Simsek³, Muhittin Tayfur⁴ and Nobuko Hongu⁵

¹*Nutrition and Dietetics, Ankara University, Ankara, Turkey
E-mail: nyabanci@gmail.com*

²*Nutrition and Dietetics, Hacettepe University, Ankara, Turkey
E-mail: pbilgic@gmail.com*

³*Basic Pharmaceutical Sciences, Gazi University, Ankara, Turkey
E-mail: isimsek@gazi.edu.tr*

⁴*Nutrition and Dietetics, Baskent University, Ankara, Turkey
E-mail: mtayfur@baskent.edu.tr*

⁵*Nutritional Sciences, University of Arizona, Tucson, AZ
E-mail: hongu@email.arizona.edu*

KEYWORDS Elderly. Energy Intake. Nutrition. Nutritional Assessment

ABSTRACT Nutritional assessment is closely related to mortality and morbidity of the elderly. The study examined the total energy intake and nutrients among a diverse sample of older adults. The study sample consisted of 549 subjects (250 men and 299 women) aged 65 and above, who live in Ankara, Turkey. Dietary intakes were obtained using a 24-hour recall method. The averages of daily energy intakes were 1653.3±596.7 kcal in men and 1614.1±612.7 kcal in women. The insufficient intake of thiamine, vitamin B₁₂, calcium, magnesium and zinc were 46.2, 31.7, 69.6, 59.4, and 42.3 percent, respectively in both men and women. Inadequate intakes of total energy and nutrients identified in this study may provide a useful basis for dietary interventions targeted at older adults in Turkey. To meet recommended dietary intake among older adults, it is important to provide a simple approach that encourages choosing high quality diets.