



ON THE MENU FOR THOSE 65 AND OLDER

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Eating well to live better at 65, 75, and even 85!

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Is it true that our taste buds become less sensitive as we age? That we should eat less? To get the most out of life as we grow older, it's important to rethink our diets and make appropriate nutritional changes. Specialists in nutrition, the authors of this book demolish certain myths and base their information on the most recent research to raise subjects like the idea of a healthy weight and the risks linked to weight loss, greater requirements for protein at every meal, the important role of bacterial flora in health, the unsuspected contribution of dietary fibre, and the issue of salt, sugar and fat.

To guide older people toward dietary habits that enable them to enjoy life in good health as long as possible, carefully designed menus are suggested, along with more than 30 simple and delicious recipes. It's possible to increase your energy level, muscle strength, resistance to infection and recovery capacity at any age, even in your retirement years!

Louise Lambert-Lagacé is a dietitian and the author of best-sellers in the field of nutrition read by more than a million people.

Josée Thibodeau has been a dietitian since 1990. She has solid experience in the development and establishment of programs in nutritional intervention, training and health promotion with varied clientele.

Strong points

- Worldwide, the proportion of people aged 60 and over increased from 10 to 22% between 2005 and 2015. Population aging is especially significant in western countries.
- Research into diet and aging has experienced a considerable surge in the last decade; the authors' writing takes these advances into account.
- Remarkably simple menus and recipes, highlighting foods key to aging well.

