- Older years (60’s-80’s)
  - individuals are either still working or are retiring
  - quality of life depends on health status, nutritional well-being, social interactions, and physical/ emotional/ mental functioning → can cause a decrease in nutritional intake based on the stress of these areas in their lives
  - physical activity still important to incorporate into daily life
  - nutrition requirements:
    - DRIs remain constant, except more Vitamin D is needed
    - Vitamin B12 increase

- The Oldest Years (80s-90’s)
  - aging can cause the individual’s body to reduce the ability to absorb nutrients
  - nutrient needs remain constant until about the age of 80
  - optimum nutrition needed; healthiest of the oldest people develop individual patterns of dietary intake that most meet their physical and social needs
  - malnutrition and underweight are a serious problem
  - risk for dehydration (caused by the kidneys decreased ability to concentrate urine)
  - reduced chewing sensation (dysphagia) → aspiration
  - healthcare providers need to conduct routine nutrition assessments in order to prevent malnutrition

Choking
- Toddlers and older adults are more at risk for asphyxiation
  - in children, when they are trying new foods they can misjudge the size of the food or may chew too fast
  - foods that are at a high risk for choking: peanut butter, peanuts, popcorn, hotdogs, potato chips, hard candies, gums, grapes, food containing bones
  - in order to stop children from choking, parents must be mindful of what and how the food is being served. Also to remind kids to chew slowly and eat quietly
- Older adults may start to lose the ability to chew properly, causing them to choke more easily on food

Lead Poisoning
- Lead can be found in:
  - paint dust/ chips
  - enameled porcelain fixtures
  - soil or air from industrial/ transportation pollution