

JOINT EVENT

17<sup>th</sup> World Congress on **Nutrition and Food Chemistry**

&amp;

14<sup>th</sup> Euro **Obesity and Endocrinology Congress**

September 13-15, 2018 | London, UK

## Dysphagia diet for elderly prepared by Espuma method

Ryoko Wada, Nami Yamamoto, Noriko Komagome and Machiko Mineki  
Tokyo Kasei University, Japan

**Background & Aim:** Recently, nursing care level of residents in nursing home has worsened, consequently pasted foods ratio among serving meals at care facilities in Tokyo increased from 0% to 37% in these 10 years. Similarly, we found that 60% (43 of 71) of group homes for elderly with dementia in Tokyo have residents who have swallowing/eating difficulty. Moreover, pneumonia including the aspiration pneumonia is the third leading cause of death of elderly in Japan. Decreased swallowing/eating ability causes malnutrition as well as aggravation of health as a result QOL (Quality of life) of elderly will get worse. In this study, we examined the foamy food produced by “Espuma” aiming to provide tasty, safe and nutritive foods as a new style of prepared foods.

**Methodology:** We prepared 4 kinds of sample bread porridge and processed it by Espuma dispenser to foam. Foamed porridge textures were examined at 10 min and 30 min after produced.

**Findings:** Texture of foam porridge was maintained for 30 minutes after processed. To take 100 kcal by bread porridge, eating amount was about 40 g. Regarding the softness of porridge foam, sample S and sample SC were significantly softer than reference sample. The bread porridge became soft with the soy milk. It suggested that some kinds of cream effect to maintain the texture of foam foods.

**Conclusion & Significance:** Espuma-processed bread porridge has 250 kcal per about 100 g, it means foamed porridge potentially improve a nutrient condition. Moreover, it maintained foam shape 30 min after produced and indicated equivalent texture level to criteria of dysphagia diet that suggested Espuma-produced foam foods can be introduced to the food service at nursing facilities for elderly with swallowing/eating difficulty. Furthermore, we are examining the porridge using rice which is the Japanese staple food.

### Biography

Ryoko Wada is currently a Professor in the Department of Food and Nutrition at the Tokyo Kasei University, Japan. She is a qualified Registered Dietitian. She has years of experience in managing the food service at nursing care facility as registered dietitian as well as management of facility. She specializes in nutritional management for elderly, nutritional education and diet education. Currently she is tackling research studies of nutritional management of nursing care facilities for elderly and improvement in nutrition of elderly.

[rwada@tokyo-kasei.ac.jp](mailto:rwada@tokyo-kasei.ac.jp)