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Nota di contenuto	Cover -- Halftitle Page -- Title Page -- Copyright -- About the Book -- About the Author -- Contents -- Foreword -- Preface -- Acknowledgement -- 1. Our Elderly: Situational Analysis of Demography, Diet and Health Profile -- 2. Our Old Age Homes and Elderly -- 3. Stepping the Ladder of Ageing -- 4. Mental Health and Ageing -- 5. Guidelines for Diet and Nutritional Disorders in Elderly -- 6. Suitable Foods for Geriatric Feeding -- 7. Caregiving: Emerging Need of Elderly Today -- 8. Some Useful Information -- 9. Remarks and Recommendations -- Appendices -- Appendix-1: Moduls for Health and Nutrition Care -- Appendix-2: Food Pyramid -- Appendix-3: Recommended Daily Allowance of Chief Nutrients for Elderly (Appoximate) -- Appendix-4: Tips for Healthy Living -- Appendix-5: List of Old Age Homes in Gujarat -- Appendix-6: Nutrition Health Education -- Appendix-7: List of Few Anti-agers -- Appendix-8: Common Tools for Elderly Assessment.