How to overcome changes in taste and smell with ageing

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How do we taste food?

Taste is the sensation of flavour perceived in the mouth and throat on contact with a substance.
How do we taste food?

- Bitter
- Sour
- Salt
- Sweet
- Umami

Other factors:
- Aroma
- Thickness
- Texture
- Temperature
- Colour
- Shape
- Sound
Our sense of smell and taste declines as we age.
Consequences
How do we overcome these changes?

The Kitchen
How do we overcome these changes?
Umami

“More in depth flavour”

“Tastes richer”

“Meatier”
Making foods visually appealing
Questions?
References


