

Consortium Optifel – Avignon, FRANCE

International Day of Older Persons – Optifel project results

Active and healthy aging is a major societal issue which must be addressed in order to reduce dependency and related health costs. The development of innovative food products for the elderly is one of the great challenges to face.

In this context, the [Optifel](#) project should define and propose foods that will improve the nutrition and eating pleasure of elderly populations. Coordinated by the National Institute of Agronomic Research (INRA), the European OPTIFEL project “Optimised Food Products for Elderly Populations” aims to develop innovative products based on vegetables and fruits for elderly populations to maintain autonomy as long as possible.

First results are now available on the Optifel [website](#)!

Optifel guidelines to develop food products for elderly

What are the preferences of elderly in terms of taste and texture? Which nutrients are relevant to fortify fruit and vegetable products? What would be the most suitable packaging?

Based on the project findings, a specification to food industry has been created to provide information about product development for the elderly. These guidelines include 3 sections: Nutritional guidelines, Functional guidelines and Guidelines for Packaging.

An English version of « [Guidelines describing characteristics of Fruit and Vegetable products adapted to the senior population](#) » can be uploaded on the OPTIFEL website. The translations into French, Spanish, Finnish, Swedish, Polish and German are in progress and will probably be completed by the end of 2015.

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