

阿茲海默症

阿茲海默症（俗稱老年癡呆癥）是一種複雜的會造成腦細胞逐漸死亡的疾病。它是癡呆癥的最常見病因。有五百二十萬美國人患有阿茲海默症。到2050年，患病人數預計會增加兩倍達到一千六百萬。

阿茲海默症與營養

為阿茲海默症患者提供健康的飲食不是件容易的事。然而，維持良好的營養不僅有醫藥療效，更有助於提高生活質量。此外，這也有利於減輕護理者的負擔。良好的營養所帶來的好處包括：

- 防止體重過輕
- 維持日常生活所需活動能力
- 緩解過敏、皮膚破損以及意外跌倒的風險

營養對策

阿茲海默症的營養治療的重點在於根據患者的個人喜好、生活自理程度、以及既往病史（包括糖尿病，高血壓和心血管疾病）提供營養均衡的主食與小吃。在安排營養餐和小吃時，參考“老年人營養指南”（見插圖）。另外註意及時補充水分。以每日64盎司（大約1900毫升）水或是流體為佳。如果患者食欲不佳或是體重減輕，嘗試下較為固體的食物。比如在食物裏添加：奶粉，蛋白粉，康乃馨及時早餐粉，混合豆腐，優質脂肪（花生醬，菜油，橄欖油）。

阿茲海默症患者會出現異常的饑渴、饑餓感。根據病情，患者可能在飲食過程中需要行動或是口頭上的引導。除非必要，盡量避免適應性餵食方法，以最大限度增強生活自理能力。

這裏有一些一般性的建議：

- 將食具放在患者手中並且引導他們將其送到嘴邊
- 進行口頭上的引導，比如，說“這是你的勺子”。
- 液體應存放在便於取用的透明的器皿中。
- 敦促身體機能較低的患者每兩小時喝一次水。
- 如果患者不能正確使用食具或是食具造成危險，就把它們挪開。
- 利用無需食具的手拿食品。

若想了解更多詳情，請致電：

God's Love We Deliver, Nutrition Department

212-294-8103 or 800-747-2023

nutrition@glwd.org

www.glwd.org

關於改善就餐環境的一些建議：

- 選用與食物顏色反差大的餐具。
- 用純色、沒有花紋的餐具墊，避免造成困惑。
- 去除一切食物以外的東西（紙張，骨頭，果核，調味品）以免誤食。
- 把食物分成小份。

隨著阿茲海默癥病情加重，患者會出現吞咽困難癥狀。如果食物不慎吸入氣管會危及生命。吞咽困難的癥狀包括：流口水，就餐時或飯後咳嗽，喘不過氣來，或是吞咽時發出喀喀聲。調整食物的濃稠度（軟，切碎，煮湯）可以幫助患者進食。在決定什麼樣的食物質地和液體濃度是合適的時候，必須要有語音病理學家的評估。如果需要質地較軟的食物，這裏有些建議：

食物種類	嘗試以下食物
面包谷物類	面包布丁，煮過的麥片，薄煎餅，濕意大利面，燉菜
乳製品	黃油，人造黃油，幹酪，軟奶酪，酸奶，凝乳
蛋、肉、魚和家禽	煮蛋、炒蛋和煎蛋，燉肉，肉餅，肉球，除去刺的魚肉
水果	軟熟的香蕉，去籽的水果罐頭，果核果皮，果醬，和明膠裏的果肉
蔬菜	軟的罐頭水果，烘焙、搗爛或是煮過的馬鈴薯；搗爛的、加奶油的或是煮爛的蔬菜。
湯	濃湯
甜點	打碎的水果，明膠，蘋果酥或桃酥，不含水果或果仁的濕潤蛋糕，布丁，果子露，冰淇淋

摘錄自 Krause's Food, Nutrition, & Diet Therapy, 第九版, 1996年出版

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MyPlate for Older Adults

Choose **MyPlate.gov**

Vegetables **Fruits** **Grains** **Protein** **Dairy**

Choose fiber-rich foods often.
 Drink water and other beverages that are low in added sugars.

Use fortified foods or supplements to meet your vitamin D and vitamin B₁₂ needs.

VEGETABLES	FRUITS	GRAINS	PROTEIN FOODS	DAIRY
Vary your veggies	Focus on fruits	Make half your grains whole	Go lean with protein	Get your calcium-rich foods
Eat more dark-green veggies, like broccoli, salad greens, and cooked greens.	Eat a variety of fruits, like bananas, berries, grapes, and oranges.	Eat at least 3 oz. of whole-grain cereals, breads, rice, crackers, or pasta every day.	Choose low-fat or lean meats and poultry.	Choose low-fat or fat-free milk, yogurt, and other milk products.
Eat more orange vegetables, such as carrots and sweet potatoes.	Choose fresh, frozen, canned, or dried fruit.	1 oz. is about 1 slice of bread, 1 cup of cold breakfast cereal, or ½ cup of cooked cereal, rice, or pasta.	Bake, broil, or grill.	If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages.
Eat more dried beans and peas, like pinto, black, or kidney beans, and lentils.	Eat fruit rather than drinking juice for most of your fruit choices.	Eat cereals fortified with vitamin B ₁₂ .	Vary your protein sources. Include eggs, dried beans, tofu, fish, nuts, and seeds.	

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 1½ cups every day	Eat 6 oz. every day	Eat 5 oz. every day	Eat 3 cups every day
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Eat Right

- Choose foods rich in fiber to help keep you regular.
- Drink plenty of fluids to stay hydrated.
- Limit sweets to decrease empty calories.
- Get your oils from fish, nuts, and liquid oils such as canola, olive, corn or soybean oils.
- Choose and prepare foods with less salt or sodium.
- Talk to your doctor or pharmacist about supplements you are taking.

Be Active

- Go for a walk.
- Play with your grandchildren and/or a pet.
- Work in your yard or garden.
- Take an exercise or dance class at a community center or gym.
- Share a fun activity with a friend or family member.
- Remember: all activity adds up! You don't have to do it all at once.

Enjoy Life: Spend time with caring people doing things you enjoy.



MyPlate for Older Adults was adapted from USDA's MyPlate by nutrition faculty in the Department of Family, Youth and Community Sciences, IFAS, University of Florida, Gainesville, Florida 32611. 2011



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