

## **An Investigation into the Feeding Practices and Food Types of the Elderly**

**M. I. Ibiezugbe and Odion M. Odaman**

*<sup>1</sup>Department of Social Work, <sup>2</sup>Department of Sociology and Anthropology,  
Faculty of Social Sciences, University of Benin, Benin City, Edo State, Nigeria  
E-mail: <sup>1</sup><ibzmike@yahoo.com>, <sup>2</sup><dr\_odaman@yahoo.com; odion.odaman@uniben.edu>*

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**ABSTRACT** The goal of this paper was to explore the feeding practices and food types of the elderly in Edo Central Nigeria in Edo Central Nigeria. It focused on the main meals; revealed the provision/payment and cooking/preparation of food/meals for the elderly; and the food types and number of intakes. among others. Five hundred and forty elderly persons were selected by systematic random sampling and a total of 514 subjects aged 65 years and above completed the face to face interview administered with a questionnaire. A low consumption of fresh fruits and vegetables (the main source of vitamin C) that put the majority of the elderly at risk of poor nutritional habit was observed; the poor nutritional habit of consuming less than three main meals a day was more among elderly males than females; elderly males than elderly females were identified with one of the factors associated with poor nutritional status namely. the inability to provide and cook own food; and as people grow older they become more at risk of poor nutritional habit. It is recommended that caregivers and relatives of old people should improve on the feeding of the elderly through nutritional education.