

穀豆類銀髮友善食品Eatender之發展

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摘 要

2020年，全球65歲以上人口達7億人以上，而我國自2018至2030年，老年人口將增加216萬人，平均每年增加18萬人，高齡者因口腔生理結構變化，味覺、嗅覺以及三叉神經刺激逐漸消失，使得咀嚼吞飲力下降，食物攝入改變與營養缺乏，此時需要特殊質地、營養與調理之食物輔助進食，鑑此本所於2016年起投入銀髮友善食品產業鏈基盤建置，自長者餐食需求探勘、食品質地分規格訂定、相關技術產品開發切入並辦理銀髮友善食品評選，帶動國內農食業者投入發展銀髮友善食品，其關鍵要項為生產品質、營養機能、質地特色與包裝設計、份量備餐等，經分析2019與2020年銀髮友善食品獲選產品，以穀、豆類為原料之產品計有94項，其中穀類主食與點心產品各18項、穀類及豆類飲品28項以沖泡型態最多達18項，另26項產品質地達容易咀嚼等級，1項產品達牙齦咀嚼，2項產品符合舌頭壓碎之質地等級；由獲選產品觀察，穀豆類食材其原態顆粒可直接入口，惟須針對麩皮與種皮之膳食纖維質地進行調整以利咀嚼，經加工技術投入開發質地均一旦兼具緩流特性之穀豆粥品，與開封即食什錦豆，充分提供全穀豆機能、便利與質地友善之食用特性，而經製粉加工生產之米、麵食與豆製品就口尺寸與硬度潤滑性將影響攝食之質地品質，同時亦須控制產品之黏性以符合咀嚼吞嚥安全，經原料配方與熱加工條件調整之蒸蛋糕、水餃與蘿蔔糕等產品，成為營養機能與質地友善兼具之優選產品。

關鍵詞：銀髮友善食品，穀類，豆類，質地調整分級

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Development of cereal - and legume-based senior-friendly food (Eatender)

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Abstract

Due to changes in physiological structure of oral cavity, elderly people gradually lose their senses of taste and smell and motor function, leading to reduced dietary intake and undernutrition or malnutrition. In view of the rapid aging of Taiwan's population, FIRDI has begun the foundation building of Taiwanese senior-friendly food supply chain, including exploration of consumer needs, classification of food texture and specifications, R&D of related product. An annual Eatender, Taiwan senior friendly food, competition was created to promote awareness and investment. Since 2016, the number of registered manufacturers and product categories has gradually increased to 147 manufacturers and 623 products in total. Two hundred and eight three products were awarded based on nutrients and functions, flavor, texture and easy to use. Cereal- and legume-based products account for a large part among 2019-2020 awarded Eatender products, 94 items in total. Most of these are powdered-type beverage, registered at 18. Among cereal- and legume-based products with measurable textures, 26 are graded as easy to chew, 1 crushable by gums, and 2 mashable by tongue based on Eatender texture specification standard. These numbers demonstrate that cereals and legumes are widely used by local F&B industry and that a need for increasing texture choices. Through a combination of formulation and mouth-size designs and conditioning of heat processing, we were able to modify the viscosity, hardness and adhesiveness of traditional Chinese dishes such as steamed cake, dumpling, and turnip cake. Slow-flowing multi-cereal/legume porridge products with consistent texture are also developed to provide a variety of nutritious, whole grains/legume senior-friendly foods.

Keywords: Eatender, senior friendly food, cereals, legumes, texture modified food classification

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