



By Dr. Telly Kamelia

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## **What this book actually teaches**

*Aging, Nutrition and Taste* is valuable because it connects nutrition, sensory change, food science, and the lived experience of eating in later life. That combination matters because nutrition in older adults is not only about nutrient intake. It is also about appetite, taste, enjoyment, adaptation, and the practical realities that shape food-related well-being. A good book in this area helps readers think across those boundaries rather than treating them as separate topics.

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## Who should buy print and who should not

Buy print if you expect ongoing work or study in aging, nutrition, sensory change, or applied food-quality questions. Skip ownership if this is only a brief or peripheral interest. In this market, the price is strong; the real question is how central the subject is to your path.

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