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**Diet and nutritional requirement among geriatric and denture wearing patients: A review of literature**

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**ABSTRACT**

Health is a state of complete harmony of the body, mind and spirit. Good Health is the most precious God gift granted to an individual and being healthy has been the main objective of human beings throughout ages. The older dental patients can be at risk for poor nutrition for variety of reasons, any decline in the ability to eat, increases the risk of malnutrition.

Human body requires nutrition for proper health and development. Also the substrates produced from basic nutrients are essential for the expression of genes. Occurrence of many age related degenerative diseases is under the influence of nutrition. Deficiency in nutrition can cause many physiological changes and it can be age related or due to underlying medical conditions. Oral impairment can affect diet and nutrition because of changes in the ability and desire to taste, bite, chew, and swallow foods. This article encapsulates the nutritional requirements in geriatric age group and its effects on oral health of denture wearing patients.

**KEY WORDS:** denture patients, diet, nutritional status, geriatrics.

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