

BIBLIOGRAPHY

BIBLIOGRAPHY

Adiercreutz H, Mazur W and Hallmans G (1998), Phytoestrogen and prostate cancer, Third international symposium on the Role of soy in preventing and treating chronic disease, 20.

Ahluwalia N, Sun J, Krause D, Mastro A and Handte G (2004), Immune function is impaired in iron-deficient, homebound, older women, *Am J of Clin Nutr*, Vol. 79, No. 3: 516-21.

Albertazzi P, Pansini F and Bonaccorsi G (1998), The effect of dietary soy supplementation on hot flushes, *Obstet Gynecol*, 91:6-11.

Amin G S (1995), Depression in primary care (Clinical interview for Depression), Dept. of Psychiatry, Medical College, Baroda, Unpublished M. D. dissertation.

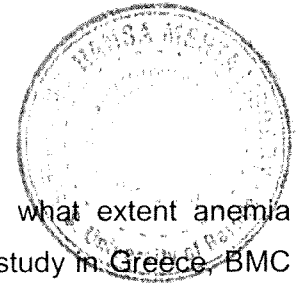
Andersson I and Sidenvall B (2001), Case studies of food shopping, cooking and eating habits in older women with Parkinson's disease, *Journal of Advanced Nursing*, Vol. 35, No. 1: 69.

Anderson J W, Johnstone B M and Cook-Newell M E (1995), Meta analysis of the effects of soy protein intake on serum lipids, *N Engl Med*, 333: 276-282.

Andres R and Hallfrisch J (1996), Nutrient intake recommendations needed for the Americans, *Jr Am Diet Asso*, 89: 1739-1741.

Ania L B, Fernandez B, Suarez A, Betancort M and Guerra L (2001), Anemia and functional incapacity at admission to a geriatric home, *An Med Interna*, 18 (1): 9-12, Cited from: www.pubmed.com.

AOAC (1980), Official methods of Analysis, 14th edition, Association of Official Analytical Chemists, Washington D C.



Argyriadou S, Vlachonikolis I and Melisopoulou H (1999), In what extent anemia coexists with cognitive impairment in elderly: a cross sectional study in Greece, BMC Fam Pract, 2: 5.

Asis M M B, Domingo D, Knodel J and Mehta, K (1995), Living arrangements in four Asian countries: A comparative perspective, Journal of Cross-Cultural Gerontology 10: 145–162.

Ayyar Shyamli (2000), Nutritional status, dietary habits and disease profile of elderly men and women aged above 70 years belonging to high and middle income groups of urban Baroda, Unpublished M. Sc dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Bagchi Kalyan (1999), Concerns for the Aged, Health for the millions, Sept-Oct: 32-35.

Beard C M, Eokmen E and Brein P C (1997), Risk of Alzheimer's disease among elderly patients with anemia: populations based onvestigations in Olmsted country, Minnesota, Ann. Epidemiol, 7: 219-24.

Becker G S (1991), A Treatise on the Family. Enlarged Edition. Cambridge, MA: Harvard University Press.

Bhattacharya P (2005), Implications of an Aging Population in India: Challenges and Opportunities, presented at The Living to 100 and Beyond Symposium sponsored by the society of Actuaries, Orlando, Fla.

Bhattacharyya S and Birla B (2006), Impact of globalization on elderly: Issues and Implications, Ind Jr of Geront, Vol. 20, No.3:273-284.

Blanc Stéphane, Schoeller Dale A, Bauer Douglas, Danielson Michelle E, Tyavsky Frances, Simonsick Eleanor M, Harris Tamara B, Kritchevsky Stephen B and Everhart James E (2004), Energy requirements in the eighth decade of life Am Jr of Clin Nutr, Vol. 79, No. 2: 303-10.

Bose A and Shankerdass S (2001), Growing old in India, Tata-Mac Grill publication.

Branes S (1995), The chemo preventive properties of soy isoflavonoids in animal models of breast cancer, *Breast Cancer Res Treat*, 46, 169-79.

Brown J W, Liang J, Krause N, Akiyama H, Sugisawa H and Fukaya T (2004), Transitions in Living Arrangements Among Elders in Japan, *The Journal of Gerontology Series B: Psychological Sciences and Social Sciences*, 57:S209-S220.

Buono M D (1994), Quality of life and longevity, A study of centenarians, *J Per Soc psy*, 4, 388-90.

Cade Janet E, Moreton Jennifer A, O'Hara Beverley, Greenwood Darren C, Moor Juliette, Burley Victoria J, Kukulich Kairen, Bishop D T and Worwood Mark (2004), Diet and genetic factors associated with iron status in middle-aged women, *Am Jr of Clin Nutr*, Vol. 82, No.4: 813-20.

Cameron L (2000), 'The Residency Decision of Elderly Indonesians: A Nested Logit Analysis', *Demography* 37(1):17-27.

Campbell T C (1990), A study on diet, nutrition and disease in the People's Republic of China Part II, *Bol Assoc Med P Rico* 82: 316-318.

Census of India (2001), Population projections for India and States, 1996-2016, Report of the technical group, Planning Commission, Registrar General and Census Commissioner, New Delhi.

Carroll K K (1990), Review of clinical studies on cholesterol lowering response to soy protein, *J Am Diet Assoc*; 91, 820-27.

Cassidy A, Bingham S and Setchell K D (1990), Biological effects of a diet of soy protein rich in isoflavones on the menstrual cycle of premenopausal women, *Am J Clin Nutr*, Vol. 60: 333-40.

Cesari Matteo, Pahor Marco, Bartali Benedetta, Cherubini Antonio, Penninx Brenda WJH, Williams G Rhys, Atkinson Hal, Martin Antonio, Guralnik Jack M and Ferrucci Luigi (2002), Antioxidants and physical performance in elderly persons: the Invecchiare in Chianti (InCHIANTI) study, *Am J of Clin Nutr*, Vol. 79, No. 2: 289-94.

Chadha N K, Chao D, Bhatia H, Rohatgi M and Mir U A (2006), Activities of Daily Living and its Correlates among Elderly, *Ind Jr of Geront*, Vol. 12, No. 1 & 2: 135-158.

Chen Chao-nan (1998), Change of Living Arrangements and Its Consequences among the Elderly in Taiwan *Proc. Natl. Sci. Counc. ROC (C)* 9 (2): 364-375.

Chernoff Ronni (2004), Micronutrient requirements in older women, *Am J of Clin Nutr*, Vol. 81, No. 5, 1240S-1245S

Contreras de Lehr and Esther (1989), Women and old age: status of the elderly woman in Mexico. In *Mid-life and Older Women in Latin America and the Caribbean*. Washington, D.C.: Pan American Health Organization. CF: living arrangements of older persons and poverty.

Dabas P, Sharma S and Wadhwa A (1996), Nutrition profile of elderly men and women (60+years), residing in village Pooth Khurd, Delhi, University of Delhi.

Dallman P R, Yip R and Johnson C (1984), Prevalence and causes of Anemia in the United States, 1976 to 1980, *Am J of Clin Nutr*, Vol. 39, No. 3: 437-445.

Dally D (1989), Preventing and controlling iron deficiency anemia through primary health care, WHO, Geneva.

Darnton-Hill I (1992), Psychosocial aspects of nutrition and ageing, *Nutrition Reviews*, Vol.50, No.12: 476-79.

Demaeyer and Adiels- Tegmen M (1984), The prevalence of anemia in the world. *World Health Statistics Quaterly*, 38: 320-26.

Desai M (2004), A study on diet, health and nutritional status of adult depressed women (40-50 years) with and without soy isoflavone supplementation, Unpublished M. Sc dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Dey A B (2003), Ageing in India, Rakmo Press Pvt., Ltd., New Delhi: 28.

DeVanzo J and Chan A (1994), Living Arrangements of Older Malaysians: Who Coresides with their Children? *Demography*, 31: 95-113.

Dhar H L (1993), Specific problems of health in elderly, *Ind J Med Sc*, 47: 285-92.

Dhar H L (2005), Emerging geriatric challenge, *JAPI*, 53: 867-72.

DiSilivestro R A (1994), Soy as an Antioxiⁿant in Humans, Third international Symposium on the Role of soy in preventing and treating chronic disease, 49.

Dormenval V, Budtz-Jorgensen E, Monjon P and Bruyere A (1998), Associations between malnutrition, poor general health and oral dryness in hospitalized elderly patients, *Age and Ageing*, 27: 123-28.

Ferrucci L, Guralnik J M, Roche K G B, Lafferty M, Pahor M and Fried L P (1995), Physical performance measures: The womens health and ageing study, Cited from: www.pubmed.com

Foth D and Cline J M (1997), Effects of mammalian and plant estrogens on mammary glands and Effects of mammalian and plant estrogens on mammary glands and uteri of macaques, *Am J Clin Nutr*, 68, (6): 1413S-1417S.

Franke A A, Custer L J and Tanaka Y (1994), Isoflavones in human breast milk and other biological Fluids, *Am J Clin Nutr*, 68(suppl): 146S- 147S.

Gale Catharine R, Ashurst Hazel E, Powers Hilary J and Martyn Christopher N (2001), Antioxidant vitamin status and carotid atherosclerosis in the elderly, *Am J of Clin Nutr*, Vol.74, No.3: 402-408.

Gambhir M, Sharma S and Wadhawa A (1996), Age related changes in the nutrition profile of men (50-78+years) belonging to the middle income group, Cited from: Nutritional status of the elderly, *Ind Jr of Med Res*, 106: 340-348.

Gary J, Goodwin J S and Hint W C (1982), Nutritional status in a healthy elderly population, dietary and supplemented intake, *Am J Clin Nutr*, 36: 319-331:

Gavrilov L A and Heuveline P (2003), Aging of Population, The Encyclopedia of Population, New York, Macmillan Reference USA.

Glueck J Stockbridge, Hardy(1989) Estimation of total cholesterol by CHOD-PAP method, Clinical Medicine 114(2) 142-151.

Gloth M J and Tobin J (1994), Nutritive intakes in a frail home bound elderly population in the community versus a nursing home population, J Am Diet Assoc, 96 (96): 605-07.

Gopalan A (2000), Nutritive composition of some selected food items, Unpublished Masters Dissertation, Department of Foods and Nutrition, The M S University of Baroda, Vadodara.

Gopalan C, Sastri R and Bala Subramaniam S C (1997), Nutritive value of Indian Foods, Revised edition, NIN, Hyderabad.

Grigsby J S (1991), Paths for future population aging," The Gerontologist 31: 195 - 203.

Gustafsson K, Andersson I, Andersson J, Fjellström C, and Sidenvall B (2001), Older Women's Perceptions of Independence Versus Dependence in Food-Related Work, Public Health Nursing, Vol.20, No.3: 237.

Gustafsson K, Ekblad J and Sidenvall B (2004), Older women and dietary advice: occurrence, comprehension and compliance, J of Hum Nutr and Dietet, Vol.18, No.6: 453.

Gustafsson K and Sidenvall B (2001), Food-related health perceptions and food habits among older women, J of Adv Nur, Vol. 39, No.2: 164–73.

Gustafsson T M, Isacson D G and Thorslund M (1998), Mortality in elderly men and women in a Swedish municipality, Age and Ageing, 27: 585-593.

Hardasani M (1999), A study on assessment of nutritional status, life style factors, diet profile and impact of NHE on osteoarthritic women (age 50 years onwards),

Unpublished M. Sc dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Harrison E, Adjei A and Ameho C (1998), The effect of soybean protein on bone loss in a rat model of postmenopausal osteoporosis, *J Nutr Sci Vitaminol*, 44: 257-68.

Health Promotion Board (2001), *Health A-Z Online*, Nutrition for the elderly, Singapore.

Helferich W G (1998), Paradoxical effects of the soy phytoestrogen genistein on growth of human breast cells in vitro and in vivo, *Am J of Clin Nutr (Suppl)*: 1524S-1525S.

Heller J, Weggemans R M, Ferry M and Guigoz (1993), Mental Health: Mini Mental State Examination and Geriatric depression score of elderly Europeans in the SENECA, *Eur J Clin Nutr*, Vol. 50, No. 2: 112S-116S.

Himes C L, Hogan D P and Eggebeen D J (1996), Living Arrangements Among Minority Elders. *Journal of Gerontology: Social Sciences* 51 B (1): S42-S48.

Holguin Fernando, Téllez-Rojo Martha M, Lazo Mariana, Mannino David, Schwartz Joel, Hernández Mauricio and Romieu Isabelle (2004), Cardiac Autonomic Changes Associated With Fish Oil vs Oil Supplementation in the Elderly, *CHEST*, 127 (4): 1102-1107.

ICMR (1997), Report on mental health of elderly, Indian Council of Medical Research.

Itoh R, Nishiyama N and Suyama Y (1998), Dietary protein intake and urinary excretion of calcium a cross sectional study in a healthy Japanese population, *Am J Clin Nutr*, 67, 438-44.

Ignatowski A (1908), Changes in parenchymatous organs and in the aorta of Rabbits under the influence of animal protein, *Izvestizy Imperatorskoi Voyenno, Meditsinskoi Akademmi*, 18: 231-234.

INACG (1985), Combating iron deficiency anemia through food fortification.

INACG/WHO/UNICEF (1998), Guidelines for use of iron supplements to prevent and treat iron deficiency anemia.

Incalzi R A, Capparella O, Gemma A, Ländi F, Pagono F, Cipriani L and Carbonin P (1998), Inadequate caloric intake: a risk factor for mortality of geriatric patients in the acute care hospital, *Age and Ageing*, 27: 303-10.

Jaiprakash Indira (1999), *Ageing in India*, WHO, Geneva, 1-22.

Jamuna D (1995), *Ageing women in India: A profile*, Research and Development Jr, Helpage India, No.3: 13-14.

Johnson A (1998), Fruit and vegetable consumption in later life, *Age and Ageing*, 3:9

Jong, Nynke De (2001), Nutrient-dense foods and exercise in frail elderly: effects on B vitamins, homocysteine, methylmalonic acid and neuropsychological functioning, *Am J Clin Nutr*, 73:338-46.

Joshi A K (2005), *Older Persons in India*, Serials, 2006, xxiv, New Delhi : 264.

Joshi K, Kumar R and Avasthi A (2001), Morbidity profile and its relationship with disability and psychological distress among elderly people in Northern India, *Int J Epidemiol*; Vol. 32, No.6: 988-90.

Kagansky Nadya, Berner Yitshal, Koren-Morag Nira, Perelman Luiza, Knobler Hilla and Levy Shmuel (2004), Poor nutritional habits are predictors of poor outcome in very old hospitalized patients, *Am J of Clin Nutr*, Vol. 82, No. 4: 784-91.

Kapadia S (1990), *Health status of institutionalized elderly: Life style and psychological factors*, Unpublished M. Sc dissertation, Department of HDFS, The M. S. University of Baroda, Vadodara.

Kaplan R, Greenwood C, Winocur G and Wolever T (2001), Dietary protein, carbohydrate and fat enhance memory performance in the healthy elderly, *Am J Clin Nutr*, Vol. 74, No. 5:687-693.

Kelly G E, Joannou G E, Reeder A Y, Nelson C and Waring M A (1990), The variable metabolic response to dietary isoflavones in humans, *Proc Soc Exp Biol Med*, 208, 40-43.

Kikani U B (1993), Effect of engaging on dietary pattern and disease profile of men aged 60-70 years in Srinagar, Department of Home Science, Kashmir, Published in proceedings of 85th session of Indian Science Congress, 45-47.

Kimura S (1992), Taste and Nutrition, *Nutrition Reviews*, Vol.50, No.12: 427-33.

Kumari Asha (1999), Nutrition in old age, *Health for the millions*, 5: 17-18.

Kurowska E M, Jordan J, Spence J D, Wetmore S, Piche L A, Radzikowski M, Dondana P and Carroll K K (1997), Effect of substituting dietary soybean protein and oil for mild protein and fat in subjects with hypercholesterolemia, *Clin Invest Med*, Vol. 20, No. 3: 162-170.

Lahmann P H and Kumanyika S K (1999), Attitudes about health and nutrition are more indicative of dietary quality in 50 to 75 year old women than weight and appearance concerns, *J of the Am Dietet Assoc*, Vol. 99, No. 4: 475-481.

Lee H P, Gourley L and Duffy SW (1991), Dietary effects on breast cancer risk in Singapore, *Lancet*, 337: 1197-200.

Lee J S and Frongillo E A (2001), Nutritional and health consequences are associated with food insecurity among U.S. elderly persons, *J Nutr*, 131: 1503-09.

Lee Jung Sun, Kritchevsky Stephen B, Tylavsky Frances A, Harris Tamara, Everhart James, Simonsick Eleanor M, Rubin Susan M and Newman Anne B (2004), Foods for the elderly, *Am J of Clin Nutr*, Vol. 80, No. 2: 466-474.

Lee Jung Sun, Weyant Robert J, Corby Patricia, Kritchevsky Stephen B, Harris Tamara B, Rooks Ronica, Rubin Susan M and Newman Anne B (2002), Edentulism and nutritional status in a biracial sample of well-functioning, community-dwelling

elderly: the Health, Aging, and Body Composition Study, *Am J of Clin Nutr*, Vol. 79, No. 2: 295-302.

Leete R (2003), *Poverty Issues in Old Age: Operational Challenges*, Keynote paper, Velencia Forum, United Nations.

Liang J, Brown J W, Krause N M, Ofstedal M B and Bennett J (2004), *Health and Living Arrangements Among Older Americans: Does Marriage Matter?* *Journal of Aging and Health*, 17, (3): 305-335.

Limaye A (1999), *A study on diet, nutrition and health profile of institutionalized and non institutionalized elderly of Baroda city (60 years and above)*, Unpublished Masters Dissertation, Department of Foods and Nutrition, The M S University of Baroda, Vadodara.

Looker A C, Dawson-Hughes B, Calvo M S, Gunter E W and Sakejoun N R (2002), *Serum 25-hydroxyvitamin D status of adolescents and adults in two seasonal subpopulations from NHANES III*, *Bone*; 30: 771-77.

Madeline M, Andrea A Z, LaCrix, Lampe J W, Belle G V and Kestin M, Drinkwater B L, Graves A B and Larson E B (1998), *Soy consumption and bone mineral density in older Japanese American women in king country, Washington*, Third international symposium on the Role of soy in preventing and treating chronic disease, 34.

MaroliS, Ghai H, Gawde A, D'souza A and Pawar D (2001), *Soy phytoestrogens: Treating the natural way*, *Indian Medical Gazette*, 1-5.

Matsutani, M (1990), *Foods suitable for the elderly*. *Nutrition Reviews*, 50 (12): 72-75.

McCabe Linda D, Martin Berdine R, McCabe George P, Johnston Conrad C, Weaver Connie M and Peacock Munro (2004), *Dairy intakes affect bone density in the elderly*, *Am J of Clin Nutr*, Vol. 80, No. 4: 1066-74.

McGowan M W, Artiss J D, Standberg D R, Zak B A (19983) *Peroxidase coupled method for the colorimetric determination triglycerides* *Clinical chemistry*, 29:538.

McKie L, MacInnes A, Hendry J, Donald S and Peace H (2000), The food consumption patterns and perceptions of dietary advice of older people, *J Hum Nutr Dietet*, 13: 173-83.

Mehta P (1999), Diet, nutrition and health profile of elderly population of urban Baroda Cited from: *Ageing Nutrition and Health*, Published by Dept. of Foods and Nutrition, M S University, Baroda, 54-60.

Mehta P (1999), Diet, nutrition and health profile of elderly population of urban Vadodara, Chapter 7, *Book on Diet and Ageing*, edited by Dr. Kalyan Bagchi and Seema Puri, Published by Society for Gerontological Research, New Delhi: 63-71.

Mehta P and Manimala M (1996), A study on dietary modification of Hospitalized elderly with swallowing disorders, Unpublished M. Sc dissertation, Department of Foods and Nutrition, The M S University, Baroda, Vadodara.

Mehta P and Mehta M (2003), A study on nutrition and disease profile of elderly belonging to three different communities, *Ind Jr of Geront*, Vol. 17, No.3 and 4: 380-388.

Mehta P and Parikh A (1991), A study on food preferences, dietary intake and morbidity profile of elderly from MIG, Unpublished M Sc dissertation, Department of Foods and Nutrition, The M S University, Baroda, Vadodara.

Mehta P and Reddy P (1996), Assessment of health and nutritional status of elderly hospitalized head and neck cancer patients: Diet modification with the use of ARF, Unpublished M Sc dissertation, Department of Foods and Nutrition, The M S University, Baroda, Vadodara.

Mehta P, Sheth M and Vyas M (1997), *Reaching the Unreached Part –I*, Published by Department of Foods and Nutrition, The M. S. University, Baroda, Vadodara.

Mehta P and Shringarpure B (2000), *Reaching the Unreached Part –II*, Published by Department of Foods and Nutrition, The M. S. University, Baroda, Vadodara.

Mehta P and Shringarpure B (2004), Role of antioxidants in health and diseases during ageing process, Unpublished doctoral dissertation, Department of Foods and Nutrition, The M S University, Baroda, Vadodara.

Morgan K and Bath P (1997), Customary physical activity and psychological well being: A longitudinal study, *Age and Ageing*, 27, (35): 35-40.

Morley J E (1997), Foods for thought, *Am J of Clin Nutr*, Vol. 66, No. 4: 760-73.

Murkies A L, Lombard C, Strauss B J, Wilcox G, Burger H G and Morton M S (1995), Dietary flour decreases postmenopausal hot flushes: effect of soy and wheat, *Maturitas*, 21, (3): 189-95.

Murray-Kolb L, Welch R, Theil E and Beard J (2003), Women with low iron status absorb iron from soybean, *Am J Clin Nutr*, 77:180-184.

Nair M K (1998), Iron absorption and its implication in the control of iron deficiency anemia, *Nutrition News*, 20: 2, NIN.

Nampudakam M (1999), Greying Blues, *Health for the millions*, 5: 3-5.

Natarajan V S (1991), Geriatric Unit, Govt. Med. Hospital, Chennai.

National Academy Press (1997), Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride. Washington, DC.

Negi Deepa (2002), A study on thirst, fluid intake and urine excretion pattern of elderly male subjects in Vadodara city, Unpublished M.Sc Thesis, Department of Foods and Nutrition, The M S University of Baroda, Vadodara.

Nowjack-Raymer R E and Sheiham A (2002), Association of Edentulism and Diet and Nutrition in US Older Adults, *J Dent Res* 82(2): 123-26.

Ofstedal, M B, John K, and Napaporn C (1999), Intergenerational support and gender: a comparison of four Asian countries. Elderly in Asia. Research Report, No. 99-54, Ann Arbor: University of Michigan, Population Studies Research Center.

Olivares M, Herstrampf E, Capuriro M T and Wegner D (1999), Prevalence of anemia in elderly subjects living at home: role of micronutrient deficiency and inflammation, Eu Jr of Clin Nutr, 54: 834-839.

Ortega R M, Requejo A M, Andres P, Lopez-Sobaler A M, Quintas M E, Redondo M R, Navia B and Rivas T (1997), Dietary intake and cognitive function in a group of elderly people, American Journal of Clinical Nutrition, Vol 66, No.4: 803-809.

Oser B L (1980), Hawk's Physiological chemistry, 14th edition, Tata Mc Graw Hill Publishing Ltd., New Delhi, India.

Pathak J D (1997), Our Elderly, Published by Medical research center, Bombay Hospital, Bombay.

Patel D (1999), A study on life style factors, nutritional status and dietary profile of women and men in relation to osteoporotic fractures: NHE program as a strategy for prevention (age 50 years onwards, Unpublished M. Sc dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Patel N (2003), Effects of soy feeds on health and nutritional status of institutionalized elderly, Unpublished M. Sc dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Patient Notes (1994), Postgraduate Medicine, Nutrition in the elderly, Vol.102, No. 5.

Pennix B W J H, Guralnik J, Order G, Ferruci L, Wallace R and Paher M (2004), Anemia and decline in physical performance among older persons, Am J Med, 115: 104-110.

Posner B M and Krachensfelds M M (1984), *Optional Nutrition services for the older population*, Dept. of Public Health, Boston, Massachusetts.

Potter S M, Bakht R M, Essex-Sorlie D L, Weingartner K E, Chapman K M, Nelson R A, Prabhudesai M, Savage W D, Nelson A L, Winter L and Erdman J W (1993), Depression of plasma cholesterol in men by consumption of baked products containing soy protein, *Am J Clin Nutr*, 58:501-505.

Radhkar A and Kaulagekar A (2006), Living conditions of elderly in India, An overview based on Nationwide data, *Ind Jr of Geront*, Vol. 20, No. 3: 250-263.

Raghuramulu N, Madhavan N, Kalyanasundaram S (1983), *A manual of laboratory techniques*. National institute of nutrition, Indian Council of Medical Research, Hyderabad pp129-130.

Rahul Prakash, S.K. Choudhary, Uday Shankar Singh (2001), A study of morbidity pattern among geriatric population in an urban area of Udaipur, Rajasthan, *Ind Jr of Comm Med*, Vol.29, No.1: 35 – 40.

Ramachandran R and Radhika R (2002), Problems of elderly women in India and Japan, *Ind Jr of Geront*, Vol. 20, No. 3: 219-234.

Ray S (2005), Study on thirst, fluid intake and urine excretion pattern of older adult and elderly females residing in Vadodara city, Unpublished M.Sc Thesis, Department of Foods and Nutrition, The M S University of Baroda, Vadodara.

Rosenberg I H (1992), Nutrition in the elderly, *Nutrition Reviews*, Vol.50, No.12: 349-50.

Russell R M (2000), The ageing process as a modifier of metabolism, *Am J Clin Nutr*, 72 (S): 529-32S.

Sabharwal M, Wadhwa A and Sharma S (1996), Nutritional status of institutionalized elderly related variables in : Kumar V, editor, *Ageing – Indian perspective and global scenario*, AIIMS, New Delhi, 278-81.

Salive M E, Coronom H J, Guralnik J M, Phillips C L, Wallace R B, Ostfeld A M and Cohen H J (1992), Anemia and hemoglobin levels in older persons relationship with age, gender and health status, J Am Geratr Soc, Vol. 40, No. 5: 489-496.

Sarojini J K (1990), Nutritional assessment of elderly through anthropometric measurements, Ind Jr Nutr and Diet, 27: 91-94.

Schlettwein-Gsell D, Barclay D, Osler M and Trichopoulou A (1991), Dietary habits and Attitudes, Eur Jr of Clin Nutr, Vol.45, S: 3: 82-95.

Seshadri S (1996), A data base in IDA in India, prevalence, etiology, consequences and strategies for control, prepared for Ministry of Human Resource Development, New Delhi.

Seshadri S and Anand A (1991), Bioavailability of iron from regional meals of Gujarat, Unpublished doctoral dissertation, Department of Foods and Nutrition, The M. S. University of Baroda, Vadodara.

Shahar D, Shai I Vardi H and Fraser D (2003), Dietary intake and eating patterns of elderly people in Israel: who is at multinutritional risk, Eu J Clin Nutr, Vol. 57, No. 1: 18-25.

Sharma R (1998), Emerging problems of elderly: some steps for public action, Ind J of Geron, Vol.12, No. 1and 2: 10-21.

Shringarpure B and Mehta P (2003), A study on life style factors, diet profile and impact of NHE in elderly women with Breast cancer (60 years onwards), Ind Jr of Geront, Vol. 17, No.3 and 4: 366-374.

Smith D L (2000), Anemia in elderly, A M Fam Physician, 62: 1565-72.

Solomons N W (2002), Nutrition and the extremes of life: dilemmas and enigmas of advanced old age, Asia Pacific J Clin Nutr, 11 (4): 247-250.

Soy Protein Council (1987), Soy protein products, characteristics, nutritional aspects and utilization, The Council, Washington D C.

Spence A P (1989), *Biology of human aging*. New Jersey: Prentice Hall.

Srivastave M, Kapil U, Dey A B, Nagorkar K M and Sekaran G (1996), Knowledge, attitude and practices regarding nutrition in patients attending Geriatric clinic at AIIMS, Cited from *Ageing: Indian perspective and Global scenario*, edited by Kumar V, AIIMS, New Delhi.

Suleiman S, Nelson M, Li F, Buxton-Thomas M and Moniz C (1997), Effect of calcium intake and physical activity level on bone mass and turnover in healthy, white, postmenopausal women, *Am J of Clin Nutr*, Vol. 66, No. 4: 937-43.

Thornton A, Chang M C and Sun T H (1984), Social and economic change, intergenerational relationships and family formation in Taiwan, *Demography* 21: 475-499.

Tilburg T V (1994), Effect of social support and personal coping resources on mortality in older age, *Am J Epid*, 146: 510-19.

United Nations (1990), *The sex and age distribution of population*.

United Nations (1999), *World Population Prospects: The 1998 Revision. Volume I: Comprehensive Tables*. New York: United Nations.

Upmalis D H, Lobo R, Bradley L, Waren M, Cone F L and Lamia C A (2000), Vasomotor symptom relief by soy isoflavone extract tablets in postmenopausal women, a multicentric, double-blind, randomized placebo-controlled study, *Menopause*, Vol. 7, No. 4:236-242.

U S Conference of Mayor (1997), *A status report on Hunger and Homelessness in American Cities*.

Vailas L I, Nitzke S A, Becker M and Gast J (1998), Risk indicators for malnutrition are associated inversely with quality of life for participants in meal programs for older adults, *JADA*, Vol.98, No.5: 548-53.

Wadhalm K, Brazda G, Schneider B and Kohl S (1990), Effect of soy protein diet versus standard low fat, low cholesterol diet on lipid and lipoprotein levels in children with familial or polygenic hypercholesterolemia, *J Pediatr*, 123: 30-34.

Wadhera S (1995), Values in the Punjabi household: A study across gender and generation, Unpublished doctoral dissertation, Department of Foods and Nutrition, Faculty of Home Science, The M.S.University of Baroda, Vadodara.

Wahlqvist M L, Hsu-Hage B H, Kouris-Blazos A, Lukito W and IUNS study authors (1995), The IUNS (International Union of Nutritional Sciences) cross-cultural study of "Food habits in later life": an overview of key findings, *Asia Pacific J of Clin Nutr*, 4: 233-243.

Wangen K E, Duncan A M, Xia Xu and Kurzer M S (2001), Soy isoflavones improve plasma lipids in normocholesterolemic and mildly hypercholesterolemic postmenopausal women, *Am J Clin Nutr*, 73: 225-31.

Washburn S, Burke G L, Morgan T and Anthony M (1999), Effect of soy protein supplementation on serum lipoproteins, blood pressure and menopausal symptoms in perimenopausal women, *Menopause*, 6: 7-13.

Whalley Lawrence J, Fox Helen C, Wahle Klaus W, Starr John M and Deary Ian J (2004), Cognitive aging, childhood intelligence, and the use of food supplements: possible involvement of n-3 fatty acids *American Journal of Clinical Nutrition*, Vol. 80, No. 6: 1650-57.

WHO (1995), Guidelines for control of iron deficiency in the countries of East Mediterranean, Middle east and North America, WHO regional office for eastern Mediterranean.

WHO (2004), An ageing planet, Division of public information and relations, Geneva.

WHO (2005), Nutrition for older persons, Geneva, Switzerland.

WHO/ ACC/ SCN (2000), Fourth report on the world nutrition situation, Geneva, Switzerland.

Wiseman H, O'Reilly J D, Aldercreutz H, Mallet A L, Bowey E A, Rowland I R and Sanders T A (1999), Isoflavone phytoestrogens consumed in soy decrease F(2)-isoprostane concentrations and increase resistance to low-density lipoprotein to oxidation in humans, *Am J Clin Nutr*, 72, (2): 395 – 400.

Woo J and Kwok T (1993), Nutritional status of elderly Chinese vegetarian, *Age and Ageing*, 3, 121-25.

Woo J, Kwok T, Ho S C, Sham A and Lau E (1998), Nutritional status of elderly Chinese vegetarians, *Age and Ageing*, 27: 455-461.

WSRC (2005), A report of a project on 'Women and Third Age', funded by Women's Studies Research Centre, The M. S. University of Baroda, Vadodara.

www.google.com

Yadav R, Prakash S and Kumar P (2003), Dietary habits, Nutritional status and levels of serum vitamin E in healthy older adults in India, *Ind Jr of Geront*, Vol. 17, No. 3 and 4: 375-379.

Yang Gong, Shu Xiao-Ou, Jin Fan, Zhang Xianglan, Li Hong-Lan, Li Qi, Gao Yu-Tang and Zheng Wei (2004), Longitudinal study of soy food intake and blood pressure among middle-aged and elderly Chinese women, *Am J of Clin Nutr*, Vol. 81, No. 5, 1012-17.

Yamaguchi M and Gao Y H (1998), Inhibitory effect of genistein on bone resorption in tissue culture, *Biochem Pharmacol*; 55: 71-76.

Yip R (1989), Iron deficiency: Contemporary scientific users and international programmatic approaches, *J Nutr*, 124: 1479S-1490S.

Zimmer Zachary (2005), Health and Living Arrangement Transitions Among China's Oldest-Old, *Research on Aging*, 27 (5): 526-555.

Zunzunegui M V, Béland F and Otero A (2001), Support from children, living arrangements, self-rated health and depressive symptoms of older people in Spain, *International Jr of Epidimio*, 30: 1090-1099.