



Eat Well, Care Well

Nutrition education series focuses on nutrient dense foods and key nutrients that have a positive impact on the nutritional health of older adults and caregiver's.

We incorporate small weekly challenges and provide recipes and tips to make eating healthy easy, fun and affordable. There are a variety of resources for each. A very special thank you to the UW Stout Dietetics Students who helped create this series in collaboration with GWAAR. www.gwaar.org

National Family Caregiver

Support Program offers respite, information, support, and other resources to family caregivers. Caregiver support services are available to all families caring for a person aged 60 or older or someone with dementia. Grandparents and older relatives caring for minor children or an adult with a disability may also qualify for the program.

There are no fees or income requirements to enroll in this program. Contact your county or tribal aging office or Aging & Disability Resource Center for more information about how to enroll, or call 866-843-9810.

www.wisconsin caregiver.org

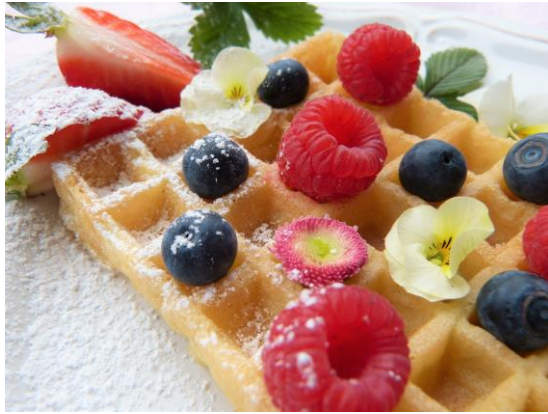
Phone: 1-866-843-9810

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[Wisconsin's Family Caregiver Support Programs](#)



**EAT WELL,
CARE WELL.**

*Take time to nourish
yourself so you can
care well for others*



Pamper Yourself

Some easy tips to make food more attractive.

We eat with our mouth, nose and eyes! When food looks good, we tend to enjoy it more. Here are some quick and affordable tips:

- Garnish with fresh fruit or veggies.
- Sprinkle a little powdered sugar or cocoa.
- Add some dried or fresh herbs. Even black pepper and other simple seasonings, such as cinnamon, paprika, dill weed, parsley and more can add interest and health benefits.
- Take time to sit down and eat. This will help you eat less and enjoy it more.

Tips for Healthy Eating:

- **Don't Get Over-Hungry.** Eat small meals every 4 hours.
- **Eat Protein at Every Meal.** Protein & Fiber help control blood sugar and feeling fuller longer. 20-30 grams at each meal will be better utilized.
- **Eat a Variety of Fruits and Vegetables.** Packed with vitamins & antioxidants that help protect from daily stressors.
- **Eat Sweet Things Slowly.** Take small bites, put your fork down between bites & savor the flavor.
- **Chew your food at least 20-30 times per bite!** Chewing helps release nutrients and aids in digestion. If you don't chew well it takes a lot of energy to digest the food= tired after meals.
- **Drink Something hot.** A cup of coffee, diet hot chocolate or tea instead of dessert.

***“One cannot think well, love well, sleep well, if one has not dined well.”
– Virginia Woolf***

Ways to Add More Protein

- Smoothies: Add 1 oz chia seeds to a morning smoothie for an extra 5 g protein.
- Top oatmeal with 1 oz almonds or stir in 2 Tbsp PNB to provide additional 6-7 g protein.
- Include a cooked egg with your meal to contribute 6 g protein
- Add 4 oz cottage cheese to a salad to provide an additional 14 g protein.
- Add 1 oz flax seed to 6 oz Greek yogurt to provide 24 g protein.
- Try a bean or lentil soup or ½ cup cooked as a side dish to add 7 – 11 g protein.
- Include 3 oz lean turkey or tuna on a sandwich for 22 – 25 g protein.
- Top pasta dishes with 1 oz part-skim mozzarella to add 7 g protein.



