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## EAT WELL, CARE WELL. WAYS TO ENSURE AN ADEQUATE DIET

Malnutrition can be a serious health problem for older adults and the aging population. This issue can lead to more complications further down the line. There are many factors that help contribute to malnutrition – like natural loss of appetite, taste, or smell as the body ages. Maintaining an adequate diet can be a challenge, but there are many ways to help fight this serious problem.

**Consuming Nutrient-Rich Foods** – Planning meals with a variety of nutrient rich foods can help a person maintain a healthy diet and healthy eating habits. Whole grains, fruits, vegetables, fish, and lean meats are all nutritious options.

**Eating Healthy Snacks** – Eating nutrient-rich snacks between meals can help you maintain good health and a proper diet. Planning out these snacks between mealtimes can help keep you on a good eating schedule.

**Using a variety of Herbs and Spices** – Using new herbs and spices in meals can add delicious flavor to meals and help you maintain interest in eating.

**Daily Exercise** – Daily exercise or physical activity (even if it is just a simple daily walk) helps stimulate appetite. This is also beneficial for maintaining healthy muscles and bones.

Source: Mayo Clinic: <https://mayoclinic.org>

### WEEKLY CHALLENGES

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TRY ADDING A NEW  
NUTRIENT-RICH FOOD  
TO A MEAL EACH DAY

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TRY ONE OF THE  
SNACK IDEAS BELOW

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USE A NEW HERB OR  
SPICE IN A MEAL THIS  
WEEK

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PARTAKE IN EXERCISE  
OR PHYSICAL  
ACTIVITY EVERY DAY  
THIS WEEK

### DID YOU KNOW?

KEEPING A WEEKLY  
WEIGHT RECORD CAN  
HELP DETECT EARLY  
SIGNS OF AN  
INADEQUATE DIET AND  
MALNUTRITION.

## Great Nutrient-Rich Snack Ideas:

- Hummus with vegetables
  - Great vegetables for dipping would be: cucumbers, carrots, or peppers
- Yogurt parfait
  - fat-free or light yogurt with berries and granola or nuts is a tasty and healthy combination. Greek and Icelandic yogurts are higher in protein and are a great option.
- Salsa with baked, whole-grain chips
- Apple slices and nut butter
- Guacamole with vegetables
  - Sliced peppers are great for dipping
- Baked fruit or vegetable chips



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