

Senior Nutrition:

Is Your Loved One Well Nourished?

How Does Nutrition Impact Senior Health?

Malnutrition is a nutrition imbalance. This can occur from not eating enough or not absorbing nutrients from the food you eat. Malnutrition can lead to weight loss, muscle loss, vitamin deficiencies, increased risk of falls, broken bones, and a higher risk of poor health. About half of seniors are malnourished or at risk of malnutrition.

What Should I Look For?

There is an easy trick to use when screening your loved one for malnutrition. The acronym, DETERMINE, identifies risk factors for malnutrition.

Disease
Eating Poorly
Tooth Loss/Mouth Pain
Economic Hardship
Reduced Social Contact
Multiple Medicines
Involuntary Weight Loss/Gain
Needs Assistance in Self-Care
Elder Years Above Age 80



This screening tool was developed by the American Academy of Family Physicians, the National Council on Aging and the American Dietetic Association (now Academy of Nutrition and Dietetics). To take a malnutrition survey and read more about DETERMINE:

<https://tinyurl.com/dw9z8c4w>

How Can I Help?

1. Use community programs and social services like SNAP, Senior Farmers Market Nutrition Program, and local food pantries if money is tight. Find out what is in your area by calling #211.
2. Encourage snacks that have healthy nutrients instead of sweets or snack foods. Ideas are Swiss cheese or tuna salad with unsalted crackers, peanut butter with graham crackers, fruit and yogurt, three-bean salad, or avocado spread on whole-wheat toast.
3. If your loved one is skipping meals or is struggling to eat enough, ask their care provider if liquid nutrition supplement drinks are appropriate.
4. Make meal times social. Eat together and invite friends or family. This increases psychosocial health and food intake.
5. Consider a multivitamin for seniors if you suspect your loved is not eating a balanced and complete diet. Look for the USP verification label.
6. Reach out to a registered dietitian for nutrition recommendations.

For more information, visit:

- [National Council on Aging](#)
- [Mayo Clinic](#)

Resources:

- [World Health Organization](#)
- [Eat Right Pro](#)

Fruit & Yogurt Parfait

Great for breakfast, lunch, or a snack!

Ingredients

- 1 cup of plain Greek yogurt (full fat)
- 1/3 cup of granola cereal
- 2 Tablespoons of dried fruit
- 2 Tablespoons of honey



Directions

1. Add 1 cup of plain Greek yogurt to a bowl.
2. Measure out 1/3 cup of granola, and sprinkle on top (can replace with oats for less crunchy texture)
3. Add 2 tablespoons of dried fruit, any kind, on top (substitute canned or fresh fruit that is soft and chopped if needed)
4. Drizzle the entire bowl with 2 tablespoons of honey, and enjoy!

Nutrition Facts

Serving Size	1 full recipe	
Amount Per Serving		
Calories	505.2	
	% Daily Value*	
Total Fat	13.5 g	17 %
Saturated Fat	5.8 g	29 %
Trans Fat	0.3 g	
Cholesterol	32.3 mg	11 %
Sodium	109.4 mg	5 %
Total Carbohydrate	77.4 g	28 %
Dietary Fiber	5 g	18 %
Total Sugars	62 g	
Added Sugars	50.3 g	101 %
Protein	24.4 g	
Vitamin D	0.2 mcg	1 %
Calcium	293.4 mg	23 %
Iron	1.3 mg	7 %
Potassium	377.7 mg	8 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Optional Additions

- Fresh fruit
- Sliced almonds
- Nut butter
- Chia seeds
- Shredded coconut
- Cinnamon

