

Good Nutrition in Older Adults:

The key is Variety, Balance & Moderation

The Ideal Meal



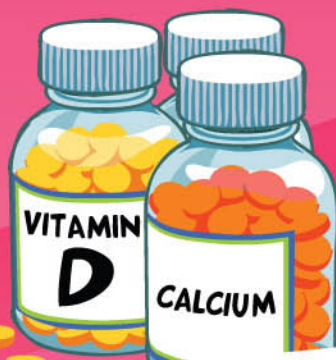
Fact 1:

Older adults
tend to
eat less

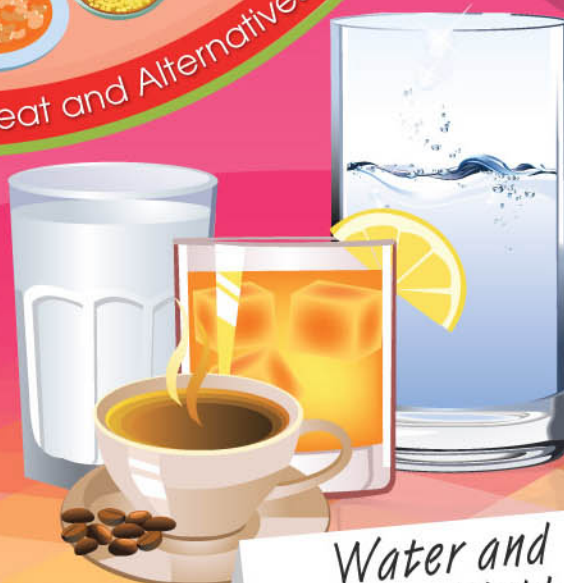
Fact 2:

Older adults
need more
vitamins and
minerals

For nutrition
related enquiries,
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at email:
nutrition@aic.sg
available until
January 2012.



Nutrition Supplements



*Water and
Other Fluids*

Portion Perfection for Older Adults

The Ideal Plate



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Basic Guide

What is one serve?



1 medium banana

4 pieces of biscuits

2 slices of bread

1/2 bowl of rice

3/4 cup of vegetables

2 squares of tofu

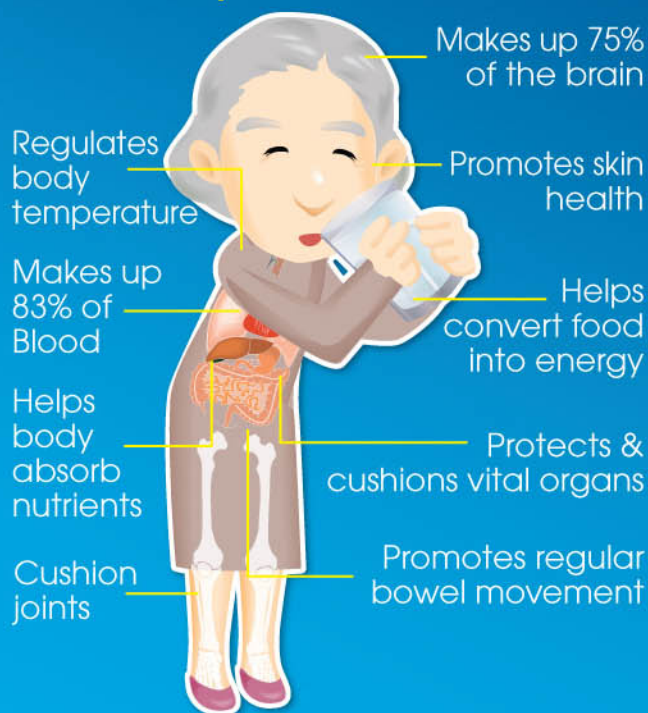


Prevent Dehydration

in Older Adults:

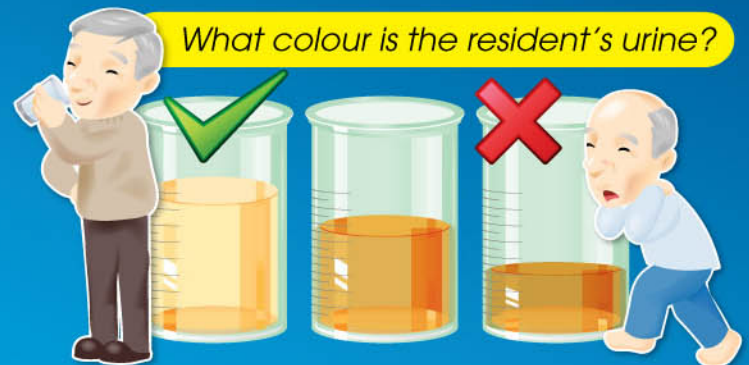
Provide adequate fluids throughout the day.

Benefits Of Keeping Well Hydrated



Signs & Symptoms Of Dehydration

- Has dry skin, mouth or cracked lips
- Has sunken eyes
- Frequent urine infections
- Easily tired or confused
- Dark urine, small quantity



Tips – To Increase Fluid Intake

- Offer water frequently throughout the day and at mealtimes.
- Offer help to those who can't drink independently.
- Offer barley, Milk, Soymilk, tea, coffee, juice, juicy fruits and soup for variety.



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Time for Nutrition Support!*

***Observe plate wastage for 2-3 consecutive meals.**

Plate wastage → 1/4



- Encourage small & frequent meals
- Assist resident in feeding
- Consider resident's food preferences, provide a variety of foods
- Provide nutrient-rich snacks and beverages in between meals

Plate wastage → 1/2

- Fortify foods; Add:

- Sesame oil to porridge, vegetables or savory dishes
- Full cream milk to cereals or other beverages
- Egg to soups
- Sugar to red/green bean soup or other deserts

- Provide oral nutrition supplements, refer to Dietitian

- Consider a soft or pureed diet



Plate wastage → 3/4



- Provide oral nutrition supplements, refer to Dietitian

- Highlight to Doctor

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