

Nutrition Overview



People with memory problems are more likely to lose weight and have health problems as they age. To avoid this and make sure that everyone gets the right amount of daily nutrients, there are a lot of things you can do. Remember that everyone is different, so what works for some people may not work for others. Just try to keep involved in meals, taking time for meal preparation. Everyone can play a role in the tasks involved in meals, whether it be cooking or cleaning up. Food can even become a conversation point and an activity to share.

To get all the nutrition needed for health try to:

Serve 2-3 servings per day of high protein foods.

These include red meat, fish, and poultry. Alternatives to meat are peanut butter, eggs or beans and lentils.

Offer 2-4 servings of milk products everyday. One serving of milk products could be one cup of milk or 3/4 cup of yogurt. If weight loss is a problem choose higher fat milk products, such as 2% or whole milk, ice cream, or full fat cheese.

Offer 5-10 servings of vegetables and fruit a day.

These foods have lots of vitamins and minerals and their fibre will assist with constipation. Try having a variety of juice, raw, or cooked fruits and vegetables.

Check out Canada's Food Guide for servings sizes and suggestions!

Include 5-12 servings of grain products a day.

Foods such as whole grain bread, muffins, pasta, rice, and cereals have fibre and provide nutrients and energy. Eat fewer cookies, cakes and pastries.

Drink at least 8 glasses of fluid a day, especially when you are eating a lot of fibre. Coffee, tea, water, juice, milk, and soups all provide fluid.

Sometimes filling all these daily nutritional needs is challenging. You may also try a commercial meal replacement to meet your nutrient needs. These can come in the form of milkshakes and puddings. Energy bars can also be given, but may be difficult for some people to chew.

Talking with a dietitian about changing foods or adding new ones to mealtimes is a great way to make sure everyone is getting all the nutrients they need.