



Preventing Malnutrition

Presented by:

What is Malnutrition?

Malnutrition is a physical state of unbalanced nutrition.

- It can mean undernutrition or overnutrition.
- Most people usually picture undernutrition, which can be caused by a lack of calories, protein or other nutrients.
- Someone can eat more calories than their body needs and be malnourished at the same time. They may not be eating enough **nutritious foods**.

Why Worry about Malnutrition?

- 30-55% of hospital patients are malnourished
- Can cause or contribute to:
 - Infections
 - Falls
 - Decreased ability to walk and get out
 - Longer stay at the hospital and more likely to be readmitted soon after discharge

Risk Factors for Malnutrition

- Poor appetite
- Low weight and unintentional weight loss
- Loss of muscle and fat
- Bone loss – falls and fractures
- Not enough healthy food available
 - Cost
 - Not able to get to the store or prepare meals

Less Commonly Known Signs of Malnutrition

- Mood changes and depression
- Tiredness / sluggishness
- Isolation, loss of spouse or friends
- Overweight
- Chronic diseases & multiple medications
- Eating disorders & dieting
- Problems with memory
- Drinking alcohol or a lot of sugary drinks

What to do if you Know Someone that May be Malnourished

- Tell your concerns to a family member or caregiver who can inform their healthcare provider
- Approach sensitively
- Recommendations may include:
 - Visit with a dietitian
 - Nutrition supplements
 - Home delivered meals and/or other in-home services
 - Referrals to food stamps or other assistance if needed

Preventing Malnutrition

- Even a small amount of daily exercise can stimulate appetite and promote strong bones and muscles
- Eat at regular times
- Have small meals and snacks if it is hard to eat a lot at once
- Aim for at least 3 food groups for your meals.
- Meals don't have to be complex or require cooking (whole wheat toast with peanut butter, fruit and a glass of milk)

MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

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Foods Packed with Nutrition

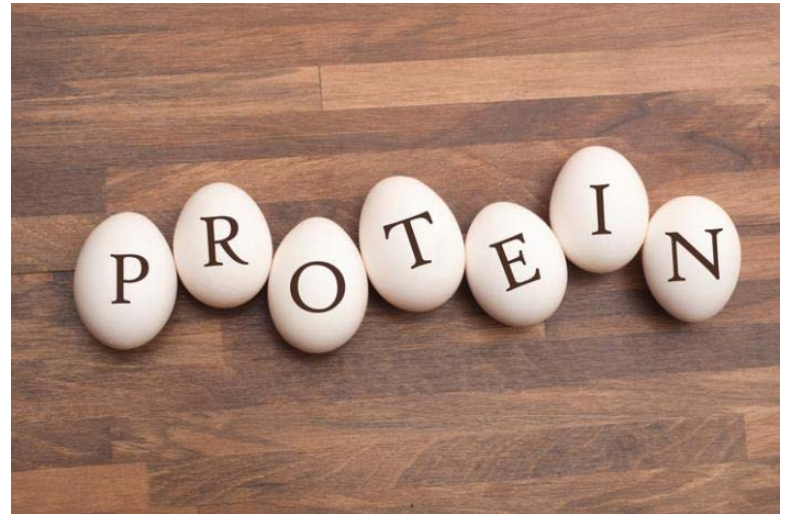
- Fruits and Vegetables
 - ½ plate
 - Dried fruit provides a large amount of nutrients in small quantities
 - Eat a variety of colors
 - Fruits and vegetables can be frozen, canned or fresh



Foods Packed with Nutrition

- **Protein**

- ¼ of plate
- Beans/lentils
- Eggs
- Peanut butter
- Tuna
- Chicken, meat or fish



- **Starches/grains**

- ¼ of plate
- Whole wheat breads, rice, pasta, potatoes

Nutritious Snacks

- Nuts
- Dried fruits, can make trail mix
- Spread peanut or almond butter on toast, crackers or apple slices.
- Cheese and crackers
- Yogurt topped with dried fruit, granola, or cereal
- Hard boiled egg
- Cottage cheese
- Oatmeal w/banana or other fruit
- Hummus, yogurt dip or guacamole with veggies

Malnutrition Screening

- Tools that may suggest malnutrition risk
- Important to follow-up with health care provider
- Malnutrition Screening Tool (MST): Two question screening tool to find out if you might be at risk (weight loss and appetite)
- Frail Scale
 - Fatigue
 - Resistance (climbing 1 flight of stairs)
 - Ambulation (walk 1 block)
 - Illness (more than 5)
 - Weight loss

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