

Protect Your Older Loved Ones From Becoming MALNOURISHED



1. Know the causes

- Changes in appetite
- Little interest in cooking
- Living alone
- Medication side-effects
- Limited mobility
- Trouble chewing and swallowing
- Loneliness and/or depression

2. Know the signs

- Frequently ill
- Slow healing wounds
- Unintentional weight loss
- Muscle weakness/falls
- Lack of energy
- Out of date food
- Not enough nutritious food at home

3. Know how to get help

- Check the pantry and fridge
- Encourage healthy snacking
- Buy and prepare foods
- Request a nutrition assessment with a Registered Dietitian
- Make mealtime social
- Ask questions sensitively
- Get nutrition assistance e.g. Meals on Wheels, food banks

For more information on nutrition resources in your community visit:

www.mass.gov/nutrition-program-for-seniors

