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   - Out of date food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

Malnutrition Prevention in the Elderly Commission