Caregiver Tip: Nutritious Meals

March is National Nutrition Month®. The Academy of Nutrition and Dietetics “Personalize Your Plate” program focuses on healthy eating through nutritious meals to meet people's cultural and personal food preferences. Individuals with memory loss may not be able to communicate their food preferences or may have stopped enjoying their favorite foods.

Here are tips to help your loved one get proper nutrition:

- **Rule out Medical Concerns**—If your loved one has stopped eating first make sure there are no medical concerns. Constipation, tooth pain or loose dentures may decrease appetite.
- **Simplify Choices**—Limit choices to one item or small meals. Finger foods make great small meals.
- **Eat Together**—Your loved one will see you eat and may model your behavior. Also allow your loved one plenty of time to eat.
- **Professional Help**—Schedule an appointment with a dietician to understand the best strategy and food choices for your loved one.

For more information on nutrition read, “How to Ensure Good Nutrition When Eating Is An Issue” by journalist Patricia Corrigan.

**Resources:**

- **Medicare Virtual Presentations**: March 2-March 23, 2021. Medicare counselors from the Division of Aging and Adult Services will offer weekly presentations on the four parts of Medicare. Registration is required.
- **Dementia Workshop**: March 10, 2021. Learn about common dementias, treatment, research and clinical trials. Hosted by Insight Memory Care. [Register online.](#)

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For questions, comments or to remove your name from our mailing list, please email DAAS@alexandriava.gov or call 703.746.5999.

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“Live each day as if your life had just begun.” — Johann Wolfgang Von Goethe