



Nutrition

Alzheimer's

Diet plays a role in your person's physical health, memory, and joy. Studies show a healthy diet may support slowing the progression of Alzheimer's or other dementias. With changes in the person's senses, appetite, and motor skills, getting a proper diet can be difficult.

- Lack of appetite
 - Try simple exercises such as going for a walk or helping with dishes.
 - Try nutritional shakes such as Ensure, Boost or Glucerna.
- Overeating
 - Greek yogurt is a high-protein snack that may help control cravings.
 - Offer an activity as a distraction.
- Change in taste
 - If food seems bland, use spices and herbs to limit sodium/salt.
 - For a sweet tooth, reach for natural sweetness like berries or other fruits.
- Staying hydrated
 - Offer fluids throughout the day.
 - Use a straw and/or a smaller cup.
 - Offer 'spa water' with a slice of lemon, orange, or cucumber to improve flavor.



There may be several causes of a poor appetite.

- Eyesight
 - Rotate the plate so they can see what is there.
 - Add contrast with a brightly colored plate.
- Pain
 - Have good dental care and attend to any issues early.
 - Make sure dentures fit well.
- Apraxia (trouble with motor movement)
 - Silverware may become hard to use, so try finger foods.
 - Eat with your person to offer visual cues.
- Memory
 - Give verbal and visual reminders. Keep a drink within arm's reach.
 - Keep healthy snacks within sight.
- Overwhelm
 - Offer only 2 choices.
 - Try a smaller plate and smaller amounts.
 - Instead of 3 large meals, offer 6 snacks throughout the day.
 - Limit distractions like TV, try music instead.