

## Nutrition

*Medicare Part B will cover nutrition services from a dietician under certain conditions. Ask your doctor for more information.*



### Changes

Our dietary needs often change as we age due to factors like **metabolic rate**, **activity levels**, and **health conditions**. Caregivers may need to provide specific foods or supplements for their loved ones to meet dietary requirements.

### Nutritional Challenges

Caregivers are often challenged with **preventing malnutrition**, **managing chronic diseases** through dietary choices, addressing the **unique nutritional needs** that arise from conditions like dementia and Alzheimer's, and encouraging patients to **resist certain foods** that may be harmful to their health.

### Nutrition Insights

Caregivers can support those they care for by emphasizing the importance of **hydration**, **proper nutrition**, and maintaining a **healthy body weight**. Encouraging a diet rich in **fiber**, **vitamins** B12 and B6, and **minerals** like calcium helps support overall health.

### Nutritional Barriers

Caregivers can **modify food textures**, **monitor medication impacts**, and **use specialized eating tools** when they need to overcome obstacles such as physical eating difficulties or interactions between drugs and foods.

### Nutritional Knowledge for Caregivers

As we age, our **dietary needs change** due to several factors. Changes may include:

- **Reducing** or **increasing caloric intake** to maintain proper weight.
- **Increasing protein** and **fiber** for muscle mass and digestion.
- Ensuring **adequate hydration** and intake of **calcium**, **vitamin D**, and **protein**.

Always consult with professionals for individual nutritional needs.