

(Food is
Medicine)

The hidden impact of a poor diet

Food is just as important to your health as medicine. What you eat impacts your health.

Did you know that **1 of every 3 seniors** are at risk?

But there is good news, early detection and intervention can make a difference.



Unintentional
weight loss



Lack of
energy



Loss of
balance



Difficulty
recovering
from illness
or injury



Risk of falls



Loss of
independence

Help yourself to food
and help your health.

- ▶ **Avoid weight loss, which is often muscle loss**
- ▶ **Eat three meals a day and snacks**
- ▶ **Include foods high in protein at meals and snacks, such as meat, fish, poultry, soy, yogurt, cheese, milk, eggs, legumes and nuts**
- ▶ **Eat with others whenever possible**

Good nutrition is important at any age – seek the help of a dietitian to get the guidance you need.



Canadian
Malnutrition
Task Force™

le Groupe de
travail canadien
sur la malnutrition™



For more tips and guidance on where to find additional support,
please visit: <http://nutritioncareinCanada.ca/canadian-malnutrition-awareness-week>

Malnutrition Awareness Week™ is a mark of the American Society for Parenteral and Enteral Nutrition (ASPEN). Used with permission from ASPEN.