

Why is nutrition important when you are caring for others?

- Prevent muscle and bone loss to reduce your risk of falling or breaking bones yourself
- Prevent malnutrition and dehydration = hospitalization 😞
- Gives you energy to then care for others
- Prevent care-giver burnout...take time to nourish yourself well.

8 Building Blocks of good nutrition

1. Hydration

- Good hydration = less UTI, better skin integrity, prevent electrolyte imbalances, prevent low blood pressure, and less risk of hospitalization (especially in warm weather!)
- ~8 cups fluid a day. (Fun fact: we lose 2 cups fluid just in breathing?)
- If your urine is clear/light in colour, you are drinking enough....are you?
- Doesn't have to be "water"...it can be Nourishing Liquids, especially if poor appetite (i.e. shakes, smoothies, juice, milk, soup).
- Also, decaf coffee/tea, popsicles count as water. Alcohol doesn't count as a fluid

2. Getting enough calories in

- Challenging if poor appetite? Depression? Eating for one? Boring/Lonely? Burnt out? Other reasons?
- Prevent malnutrition when caring for others is real. Take care of yourself first.
- Malnutrition is more of an issue with Seniors, than being overweight
- Women = ~1500 -1800 calories; Men = ~1800 – 2000 calories per day
- Grazing works well (6 "mini" meals of 250 – 300 calories each)

3. Getting enough Protein

- Protein - important for every cell of your body. Supports good healthy, immunity, muscle maintenance and physical function. Prevent muscle degeneration.
- Women: ~60-75 grams protein per day; Men: ~75-90 grams protein per day
- Sources of protein; Greek yogurt, peanut butter, canned fish/meat, beans, lentils, almonds, milk, chickpeas, eggs, oatmeal, spinach, green beans, avocado, meat (read label for protein content as it varies+++)
- Protein powder can be very handy! Add to smoothies, oatmeal, soups, etc

4. Easy to prepare ideas/keep it simple

- Aim for 3 out of 4 food groups at each meal; 2/4 food groups at snacks.
- Great to include some sort of protein at each meal to meet needs

- Salad kits, frozen section of store, frozen dinners, canned stews/hearty soups, breakfast for dinner,
- Cook a meal and 2-3 days (one now, one for tomorrow, one for freezer) – 2/week
- Use a crock pot – prep, plug in, and leave it
- Cook up chicken/beef/pork...then dice...and freeze it

5. Meal programs to help you

- Meal kits delivered to your door (FreshPrep; HelloFresh; Chef'sPlate); Skip the Dishes
- Better Meals (based in Burnaby...comes to Abbotsford Thursdays) (www.bettermeals.ca)
- Meals on Wheels - can deliver Frozen meals/casseroles \$8.75 each
Delivered on Weds www.archway.ca
- Garden Park Towers – Rose Room Café = have a whole fridge/freezer section of meals. Great soups!
- Lunch with a Brunch (Archway Services. \$5)
- Grocery shop online & delivery service (Save on Foods, Walmart, Superstore)
- ARH does senior meals for \$5 in evenings

6. Oral supplements or milkshakes (good source of protein/calories)

- BoostPlus, EnsurePlus, Equate brands
- Make-your-own (4 easy steps); fluid + protein powder + fruit + yogurt/ice cream

7. Constipation mgmt (water, fiber, exercise...and Senokot/Restoralax)

- Big issue for Seniors typically especially if on any pain medication
- Need 25 grams fiber a day
- Senokot and Restoralax are very helpful to keep your GI system moving well.

8. Stretching the dollars;

- Canned or frozen is as nutritious as fresh (minimal difference)
- Beans, lentils, peanut butter, eggs are inexpensive proteins
- Buy store brands.
- Utilization of leftovers can help save your energy for “the next meal”

9. Easy snack ideas;

- Peanut butter with apple slices
- Greek yogurt with frozen berries/granola
- Cereal (high protein cereal preferred)
- Cheese and crackers
- Trail Mix
- Fruit smoothie – blender (with protein powder)
- Muffins/scones with nut butter