

(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>

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