

# Food is Medicine

## A closer look at the hidden impact of malnutrition.



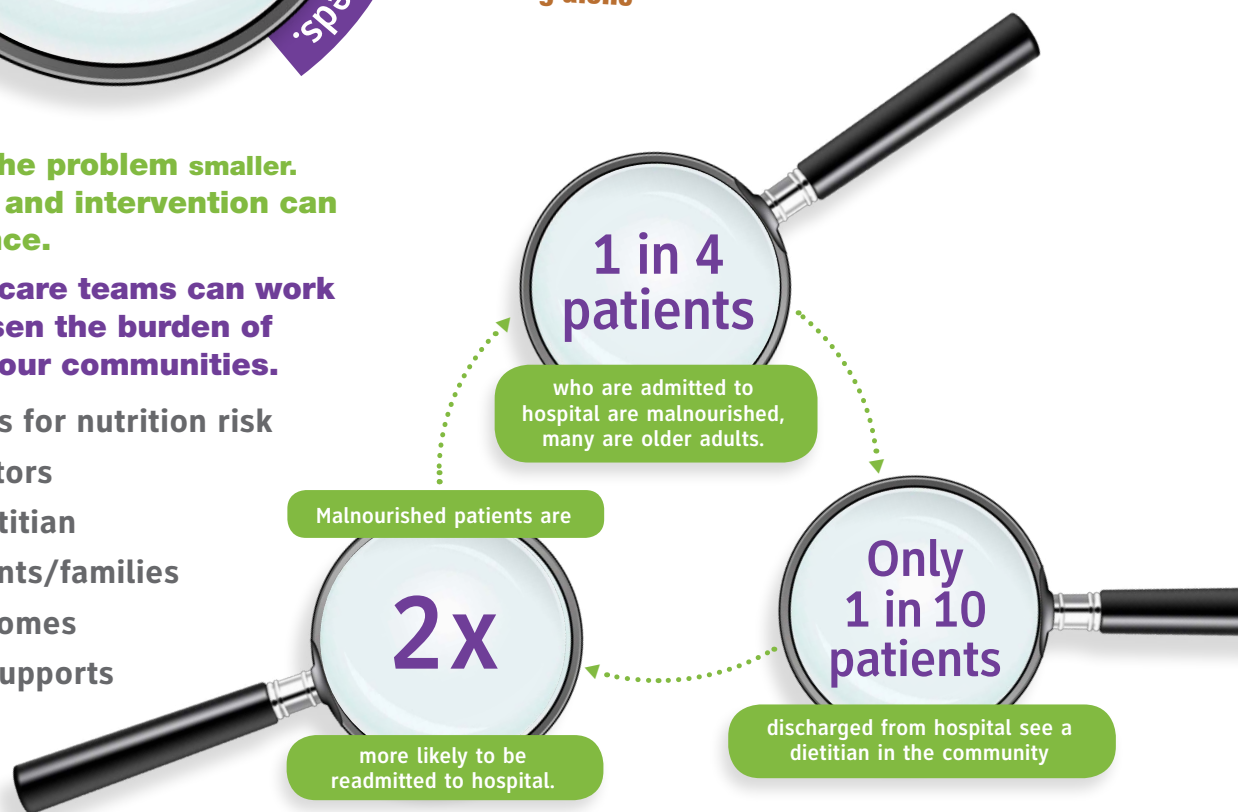
### Here's what to look for:

- ▶ **Poor appetite**
- ▶ **Problems chewing and swallowing**
- ▶ **Loss of taste or smell**
- ▶ **Unintentional weight loss**
- ▶ **Depression/anxiety/dementia**
- ▶ **Difficulty in getting groceries and preparing meals**
- ▶ **Not enough money for food**
- ▶ **Eating alone**

**You can make the problem smaller. Early detection and intervention can make a difference.**

**Primary health care teams can work together to lessen the burden of malnutrition in our communities.**

- **Screen seniors for nutrition risk**
- **Chart risk factors**
- **Refer to a dietitian**
- **Educate patients/families**
- **Evaluate outcomes**
- **Network for supports**



Canadian Malnutrition Task Force™

le Groupe de travail canadien sur la malnutrition™



Canadian Nutrition Society  
Société canadienne de nutrition

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