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.

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.

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.