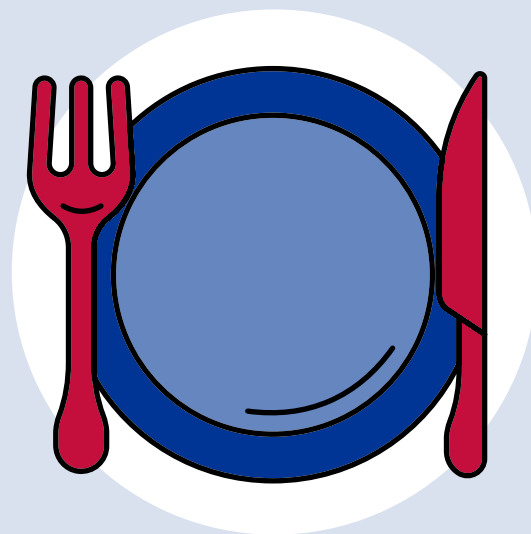


Feeding Tips for Caregivers of Seniors



1

Serve finger foods like sandwiches (in quarters), carrot or cheese sticks, fruit slices.

2

Eat with your loved one. Model eating behavior and have pleasant conversations during meals.

3

Optimize appetite for meals by offering opportunities for physical activity.

4

If chewing or swallowing are a problem, prepare soft, chopped or bite-size food like scrambled eggs or applesauce. Watch for choking hazards.

5

Keep table settings simple to avoid distractions. Don't worry about messy eating.

6

Offer one food at a time. Too much food on a plate can be overwhelming.

7

Talk about the smell and enjoyment of each food.

8

Offer small, frequent meals rather than three large meals.

Source: Administration for Community Living Source material: <https://acl.gov/>

For more articles and information visit
LTCFEDS.gov/care-navigator