



Nutrition

Alzheimer's

Nutrition plays a role in your person's physical health as well as memory and pleasure. Studies show a healthy diet may support slowing the progression of Alzheimer's/related dementia. With the changes in the person's sensory perception, appetite and motor skills, achieving proper nutrition can be challenging.

- Lack of appetite
 - Encourage simple exercises such as going for a walk or helping with dishes.
 - Try nutritional shakes such as Ensure, Boost or Glucerna.
- Overeating
 - Greek yogurt is a high-protein snack that may help control cravings.
 - Offer activities as a distraction.
- Change in taste
 - If food seems bland, use spices and herbs to limit sodium.
 - For a sweet tooth, reach for natural sweetness like berries or other fruit.
- Staying hydrated
 - Offer fluids throughout the day.
 - Use of a straw and/or a smaller cup.
 - Offer 'spa water' with a slice of lemon, orange or cucumber to enhance flavor.

There may be several causes of a poor appetite.

- Vision
 - Rotate the plate to ensure they see what is available.
 - Increase contrast with a brightly colored plate.
- Untreated pain
 - Maintain dental hygiene and address any issues early.
 - Ensure dentures fit properly.
- Apraxia (difficulty with motor movement)
 - Silverware may become difficult to use, so try finger foods.
 - Eat with your person to offer visual cues.
- Memory
 - Provide verbal and visual reminders.
 - o Keep a beverage within arm's reach.
 - o Keep nutritious snacks within sight.
- Overwhelm
 - Offer only 2 choices.
 - Try a smaller plate and smaller portions.
 - Instead of 3 large meals, offer 6 snacks throughout the day.
 - Limit distractions like TV. Try music instead.



Alzheimer's Institute &
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For more information, visit www.BannerAlz.org
or tune into our podcast, *Dementia Untangled*