

The Comfort of Home®

Caregiver Assistance News

“CARING FOR YOU... CARING FOR OTHERS”

Good Nutrition on a Budget

What You *Don't* Eat *and* What You *Do* Eat

Although *calorie* needs decline with age, nutritional requirements remain the same or in some cases increase. Good nutrition requires effort, knowledge and some planning.

Make vegetables and grains the *main course* and reduce your meat portion to a *side dish*. The recommended meat portion should be no bigger than a deck of cards—much smaller than the typical meat course.

According to the USDA's ChooseMyPlate guidelines, seniors should eat 2–2½ cups of vegetables every day and 1½–2 cups of fruit a day for a total 3½–4½ cups. Eating at least one fruit and vegetable dish at each meal accomplishes that goal. Add two fruit snacks between meals, and the goal is surpassed.

You can cut food costs by cooking more meals at home and by making sure they include some of the healthiest foods, like whole grains, vegetables, and beans. Cook extra portions and freeze for later use.

Affordable Nutritious Foods

- ◆ Brown Rice
- ◆ Whole-Wheat or Multigrain Pasta
- ◆ 100% Whole-Wheat Bread
- ◆ Nonfat Greek Yogurt/Milk
- ◆ Old-Fashioned Oats
- ◆ Frozen Vegetables
- ◆ Russet or Sweet Potatoes



- ◆ Fresh Bagged Spinach
- ◆ Canned Refried Beans
- ◆ Canned Tuna
- ◆ Eggs or Egg Substitute
- ◆ Dried Beans and Lentils

Remember, *prepared* foods cost more and often have too much sodium.

Simple tips for saving money on food purchases

- \$ **Plan meals**, then shop from that list—it'll help you to stick to your budget.
- \$ **Look for coupons, sales and store specials.** Sign up for the store's discount card.
- \$ **Don't shop when you're hungry.**
- \$ **Buy store brands.**
- \$ **Compare prices.** Even if you have a coupon, other brands may still be cheaper.
- \$ **Check sell-by dates**, and buy the freshest food possible.

Source: USDA.gov; www.ChooseMyPlate.gov

Dementia Care Nutrition

For persons with dementia, continually evaluate and adapt as the disease progresses.

➤ A variety of food is not only best for dietary needs, but also makes eating more appealing. Varied colors, textures and flavorings can help stimulate appetite. Herbs and seasonings can make up for taste changes, without simply adding more salt.

➤ Evaluate and fix potential physical problems. Bad fitting dentures or dental issues can make eating unpleasant. Medications may be impacting appetite. If you notice the person is coughing a lot or having trouble swallowing, be sure to get swallowing evaluated.

Menus for Every Condition

Help for planning low-cost, nutritious meals:

- Get personalized eating plans and advice on making smart choices in every food group at www.mypyramid.gov/.
- Get menus, recipes and tips on buying and serving healthier food at <http://snap.nal.usda.gov> (in English and Spanish), as well as find information on whether the person in your care qualifies for food stamps.
- Find over 100 low-cost, nutritious and delicious recipes at <http://recipefinder.nal.usda.gov>.
- If you're preparing food for a heart patient, go to www.americanheart.org and type "delicious decisions" into the search window, then click on Browse Recipes.
- If you're preparing food for a person with diabetes, go to www.diabetes.org and click on Recipe of the Day. From there you can access other recipes.
- To locate a **Senior Nutrition Center** in your area, call 800-677-1116.

Meals on Wheels

You may be eligible if you:

- Are age 60 or older with a spouse of any age, or a disabled person under age 60.
- Cannot use kitchen appliances.
- Have no motivation to prepare a meal and no caregiver to help cook.
- Have become homebound in the winter months.
- Are recuperating from serious illness or surgery.

To find the closest program to you, contact:

Meals On Wheels 888-998-6325

www.mowaa.org

For other nutrition programs, visit the **Eldercare Locator** at www.eldercare.gov or call 800-677-1116.



Taking Care of Yourself—How Life Events Affect Your Mood—The Lack of Balance

Although being a caregiver is time consuming, it is essential that you make time to do activities you enjoy. This is important because if all your activities are limited to your caregiving responsibilities, you will begin to feel burned out and frustrated.

Draining emotions such as sadness can develop when we have too many unpleasant events and too few pleasant events. This lack of balance between unpleasant events and pleasant events can make you feel like you have no control of your life and there is nothing you can do to make things better, but you can feel better by making sure your day has a few events that bring you pleasure. Even if you take only 15 minutes to go for a walk or listen to music, taking this time out for yourself is important to your well-being. You deserve to take care of YOU.

Source: "Coping with Caregiver Stress," Older Adult and Family Center, Stanford University School of Medicine



When grocery shoppers paid with cash, they were more inclined to stick to healthy foods and forgo junk food.

Source: Cornell and State University of New York Study

Inspiration

I really don't think I need buns of steel. I'd be happy with buns of cinnamon.

~Ellen DeGeneres

Live Life Laughing!

I don't get it—we eat organic, get plenty of exercise, our water is pure—yet no one lives past thirty.



Don't Fall - Be Safe

Good nutrition helps prevent falls. Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.

The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

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SAFETY TIPS— Checklist—Nutrition Assessment

If the answer to most of the points is Yes, the person is at risk and should contact the doctor. Check the list every six months or when you notice big weight changes or changes in eating habits.

- ✓ Recent weight loss? How much? _____ lbs.
- ✓ Recent appetite loss? _____
- ✓ For how long? _____ (days, weeks, months)
- ✓ Difficulty chewing? Difficulty swallowing?
Food allergies? A special diet?
- ✓ Have you been given instructions about her diet?
- ✓ Does she eat fewer than 2 meals per day?
- ✓ Does she eat few fruits, vegetables, and dairy products?
• Fruits _____ • Vegetables _____ • Dairy _____
- ✓ Does she drink more than 3 alcoholic beverages per day?
- ✓ Does she eat most of her meals alone?

Take a look around the kitchen. Is there appropriate food in the refrigerator and pantry? Are there expired items?