UNDERNUTRITION CAN...
- Cause significant and unintentional weight loss;
- Increase vulnerability to infections and make current disease worse;
- Make recovery difficult in the event of illness or injury;
- Decrease energy levels;
- Promote the loss of autonomy;
- Decrease muscle mass and increase risk of falls.

FACTORS THAT CAN LEAD TO UNDERNUTRITION:
- Depression/anxiety/cognitive disorders (ex.: dementia);
- Poor appetite;
- Difficulty chewing or swallowing (dysphagia);
- Loss of smell or taste;
- Difficulty shopping for groceries and preparing meals;
- Financial limitations to buy food;
- Social isolation and meals eaten alone.

HOW TO PREVENT IT?
1. Proteins at each meal and snack.

   Nuts/nut butter  Eggs  Other substitutes  
   Meat  Poultry  Fish/seafood  
   Milk  Cheese  Yogurt  

   In equal amounts, Greek yogurt has about twice as much proteins as regular yogurt.

DID YOU KNOW...
It is important to consume protein at every meal and even at snacks since the body does not keep large reserves of it.

In Canada: 1 in 3 seniors is at risk of undernutrition.
HOW TO PREVENT IT?

2. Stimulate appetite!
   - Be active before meals;
   - Instead of three big meals: **eat more often, in smaller quantities and at regular hours**;
   - Make meals attractive and appealing.

3. Plan ahead!
   - Cook larger quantities to store in the **freezer** or for **canning**;
   - Stock up on certain foods high in protein (ex.: nuts/nut butter, canned fish (tuna, sardines, etc.), pea or lentil soup, baked beans, eggs, powdered milk, etc.).

4. Each bite counts!!
   - Add tuna or cheese to a tomato sandwich;
   - Add powdered milk to foods (ex.: soup, mashed potatoes, cold cereal, oatmeal, cookie recipes, smoothies, etc.);
   - Cook oatmeal in milk instead of water;
   - Melt cheese over your pasta or vegetables;
   - Add protein to soups (ex.: chicken, lentils, shrimp, fondue meat, etc.);
   - Eat the main meal before soup and beverages, in order to favor foods with a higher nutritional value.

**CONSULT YOUR DOCTOR IF:**

- Your **appetite has decreased** or **disappeared**;
- You have **lost weight unintentionally**;
  **Possible signs:** losing 10 pounds in 6 months, looser clothes, thinner body and face, etc.
- For all **other concerns** regarding your health or diet.

If necessary, reach out to community services:
- **Frozen meals delivery service**
- **Food banks**
- **Volunteer action center**, etc.

DID YOU KNOW...

Powdered milk can improve the nutritional value of food.

**¼ cup = 9 g of protein**
The same amount as in 1 cup of liquid milk!

Références: