

Healthy Eating & the older adult?

Nutrition Presentation

presented by Interim Healthcare

Participant will be able to:

- List the major food groups.
- Identify the vitamins and minerals an older adult may need to increase as they get older.
- Discuss the reasons why an elderly person's nutrition and hydration can decrease as they age.
- Describe things you can do to encourage adequate nutrition and hydration for an elderly person.