



The Facts on Malnutrition

Malnutrition is a common and sometimes dangerous condition usually caused by an unbalanced diet. As we age, our chances of becoming malnourished increases due to multiple factors. This is why it is important to enjoy a diet rich in whole grains, fruits, vegetables, dairy, healthy fats, and protein.



Know the Causes and Warning Signs:

- Poor eating
- Unplanned weight loss
- Chewing and swallowing difficulties
- Depression
- Loneliness
- Taking multiple medicines that can change appetite
- Lack of access to food



How Malnutrition Can Impact Our Health:

Muscles and Bones: Breakdown of muscles and bones increase as we age. Nutrients like protein, calcium, and vitamin D are needed to maintain the mobility and strength of muscles and bones. Without them our mobility, posture, and strength would suffer, and our risk of falls would increase.

Immune System and Healing: A diet adequate in energy, protein, vitamins, and minerals are needed for wound healing, tolerating chemotherapy in cancer patients, and maintaining a good immune system.

Organs: A lack of vitamins, minerals, fluids, and electrolytes can speed up vision loss, lead to an impaired brain function, and affect the kidneys ability to function well.

How to Treat and Prevent Malnutrition:

- ⇒ Plan small meals and snacks that are packed with nutrition like yogurt or a glass of milk and fruit, whole wheat toast with an egg or peanut butter, and a piece of seasoned chicken with brown rice and a vegetable.
- ⇒ Flavor your foods with herbs and spices.
- ⇒ Stay hydrated by drinking water and other fluids throughout the day.
- ⇒ Use meal replacement products or protein shakes.
- ⇒ Try to be as active as possible each day, whether it is a walk to your mailbox or around your house.
- ⇒ Don't eat alone. Enjoy your meals with family or friends.
- ⇒ Contact a dietitian or nutritionist for meal plan services.

Building Strong and Vibrant New York Communities

“Just Veggies” Soup

Ingredients

- 1 frozen package of Vegetable Medley Mix
- 1 quart of low sodium chicken broth
- 1 small onion, diced
- 1 carrot, diced
- 2 celery stalks, diced
- 2 tbsp of parmesan cheese
- Salt and pepper to taste

Directions

1. In a large, deep pot, sweat onion, carrot, and celery with about 1 tbsp of olive oil.
2. Add frozen vegetables and 1 quart of chicken broth. Bring to a boil.
3. Add salt and pepper to taste. Ladle soup into bowl and top with parmesan cheese for extra flavor!

Tip: Add lean meats or beans for added protein!

Nutrition Counseling Services

A registered dietitian is a professional who specializes in nutrition science and interprets nutritional needs of individuals throughout the life cycle. It is recommended that individuals follow a healthy diet and exercise pattern to maintain an ideal body weight and prevent progression of diseases. If you have a personal or family history of chronic diseases and/or concerned about your overall health, then you may want to reach out to a dietitian for an individualized meal plan. See the information below for contacting a dietitian offered through Cornell Cooperative Extension of Schenectady.



Consumer-centered access for long-term care information, referrals and assessments.
For information, call 382-8481, #9, ext.304



Do you have a questions or concerns about what to eat?

If you are participating in services offered by Schenectady County’s Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian.

Call Cornell Cooperative Extension, Schenectady County at 518-372-1622, ext. 269. Leave a message, if necessary, for dietitian to call you back.

Check out our website for nutrition resources:
<http://ccschenectady.org/nutrition-for-seniors>

Schenectady County Department of Senior and Long Term Care Services denies no person services or access to service based upon race, color, sex, religion, national origin, marital status and/or handicapping conditions. Schenectady County Department of Senior and Long Term Care Services is primarily funded with County tax dollars. Supplemental funding is through the New York State Office for the Aging under Title III-B/D, III-C-1, III-C-2, III-F of the Federal Older Americans Act, and New York State Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly Act (CSE), Congregate Services Initiative (CSI), and the Wellness In Nutrition (WIN).

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