



FOOD CHOICES IN THE ELDERLY

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CLINICAL NUTRITION PRACTICE NURSE – ELDERLY CARE





Things to consider

- Healthy Eating
- Food Supplementation
- Chronic Illnesses
- Problems
- Assessment





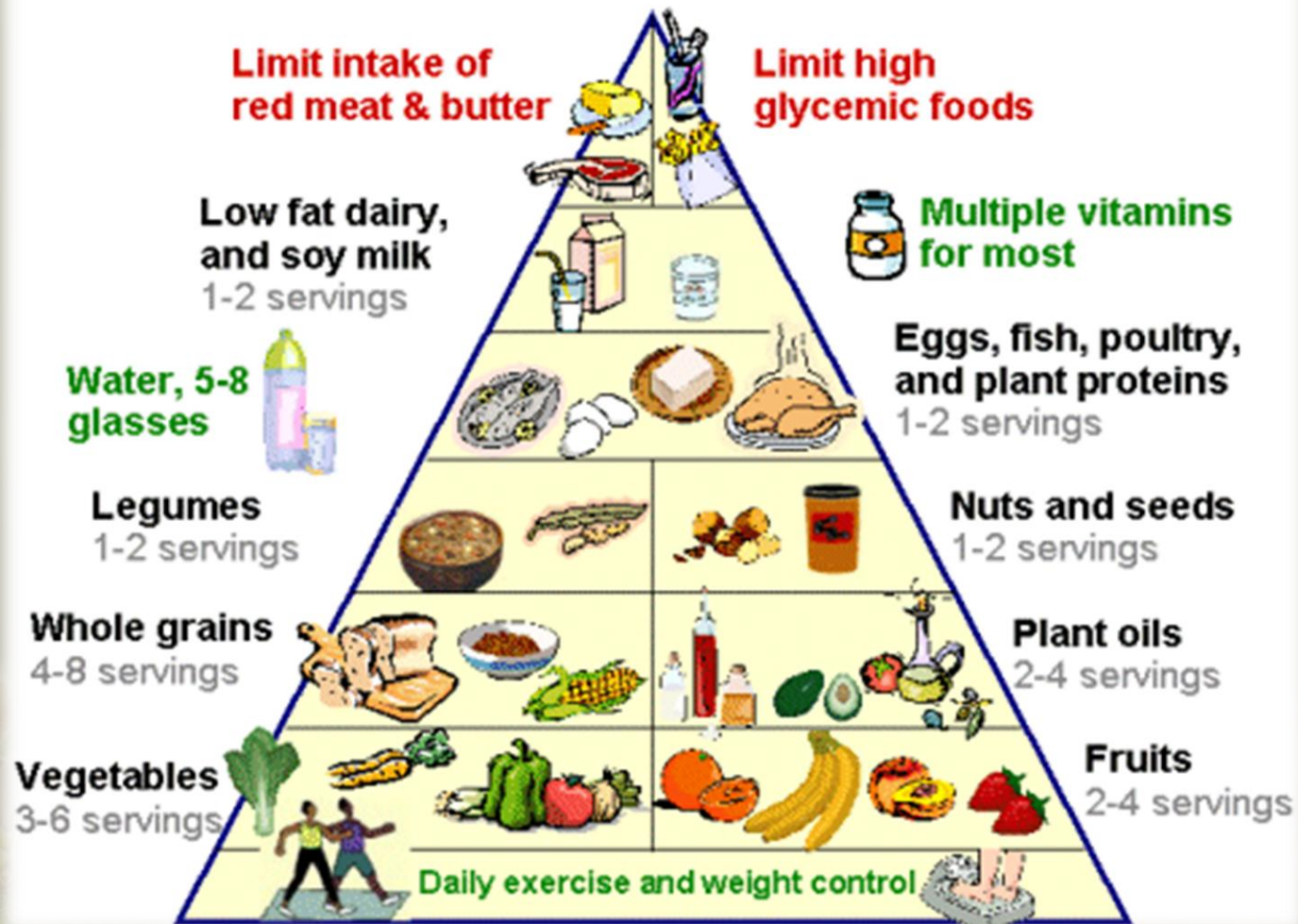
First Thing to consider

- **Healthy Eating**
- Food Supplementation
- Chronic Illnesses
- Problems
- Assessment

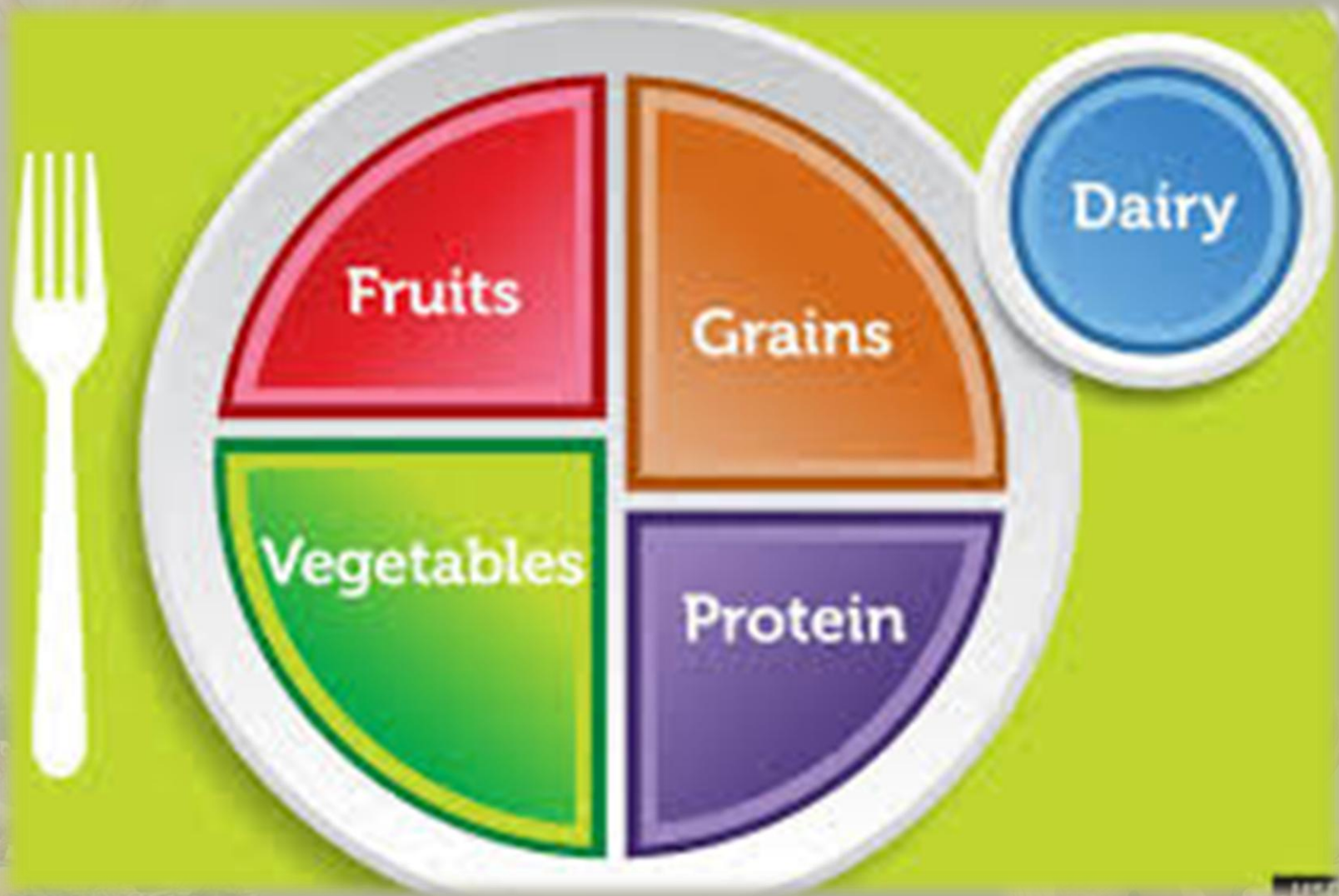


Healthy Diet

New Food Pyramid



Healthy Plate



Ideal Meal Plan

- ❑ Breakfast
- ❑ Snack
- ❑ Lunch
- ❑ Snack
- ❑ Dinner
- ❑ Snack



Another Thing to consider

- Healthy Eating
- **Food Supplementation**
- Chronic Illnesses
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Meal Supplementation

- ❑ Snacks
- ❑ Yoghurts
- ❑ Enteral feeds between or replacing meals
- ❑ Protein powder



Something Else to consider

- Healthy Eating
- Food Supplementation
- **Chronic Illnesses**
- Problems
- Assessment



Chronic Illnesses

- ❑ Diabetes
- ❑ High blood pressure
- ❑ High blood cholesterol
- ❑ Renal problems
- ❑ Cancer
- ❑ Gum disease
- ❑ Arthritis



One More Thing to consider

- Healthy Eating
- Food Supplementation
- Chronic Illnesses
- **Problems**
- Assessment



Problems Encountered

- ❑ Overweight
- ❑ Underweight
- ❑ Depression
- ❑ Constipation
- ❑ Anaemia
- ❑ Food allergy
- ❑ Swallowing problems/dysphagia
- ❑ Chewing problems
- ❑ Cooking methods



Final Thing to consider

- Healthy Eating
- Food Supplementation
- Chronic Illnesses
- Problems
- Assessment**



Assessment & Screening

- ☐ **Weight**
 - ☐ Overweight
 - ☐ Underweight
 - ☐ Normal
- ☐ **Yoghurts**
 - ☐ Light Yoghurts
 - ☐ Full-Fat Yoghurts
- ☐ **Enteral feeding**
 - ☐ NGT Feeding
 - ☐ PEG Feeding
 - ☐ LPG Feeding
- ☐ **Diabetes**
 - ☐ Diabetic
 - ☐ Non-Diabetic
- ☐ **Food Consistency**
 - ☐ Liquidised
 - ☐ Soft
 - ☐ Baby food
- ☐ **Cancer**
- ☐ **Wounds (TVN)**

Scope of Assessment

- ❑ To promote safety
- ❑ To identify problems
- ❑ To deal with existing problems
- ❑ To create new services
- ❑ To improve services
- ❑ **To improve quality of life**



Thank you

