

Warning Signs of Poor Nutrition for the Elderly

If you're a mature adult or if you care for an older person, be alert for warning signs of poor nutrition. Use the checklist below to "Determine" if you or someone you know is at nutritional risk:

- Disease
- Eating poorly
- Tooth loss or mouth pain
- Economic hardship
- Reduced social contact
- Many medicines
- Involuntary weight loss or gain
- Needs assistance in self-care
- Elder years above age 80.

If three to five of these factors apply, you or the person you care for are at moderate nutritional risk. Six or more means high nutritional risk.

Consult your doctor and a registered dietitian for help in improving your nutritional health. For more information on the DETERMINE checklist, visit www.eatright.org/cps/rde/xchg/ada/hs.xsl/2355_ENU_HTML.htm.