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It's a Mouthful: Food Choices to Meet Your Needs

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Reasons for increased calorie/protein needs:

- Acute injury, such as broken bones, recent infection or surgery
- Chronic illnesses, such as cancer, Parkinson's Disease, or other end-stage conditions
- Low body weight or muscle loss

Reasons for texture changes:

- Surgery to mouth or throat
- Chemo or radiation that has affected the ability to chew or swallow
- Neurological issues causing motoric changes to swallowing
- Dementia, Alzheimer's Disease, etc.

Safety Considerations:

Positioning / Atmosphere:

- Maintain an upright position while eating and for 30-45 minutes afterwards
- If you can sit in a chair, try to be as close to 90 degrees as possible
- Keep head in neutral position – facing forward, slight chin tuck
- Play soft music; avoid distractions, such as loud TV, multiple people talking
- Foods to Avoid
- Choking hazards: grapes, peanut butter, hot dogs, peanuts, popcorn, rice, hard candy
- Avoid foods with multiple textures, such as soups, stews, and Jell-O with fruit
- Drinking with a straw may cause liquids to splash back in the throat too quickly causing coughing or choking

Ideas for soft foods, high in nutritional value:

Protein

- Yogurt (especially Greek) without fruit, cottage cheese, eggs, baked fish without bones, tuna or egg salad without celery or raw vegetables,

meatloaf, meatballs

Vitamins/Minerals

- Canned fruit, drained of the juices if thickened liquids are needed
- Vegetables, cooked soft so they can be mashed with a fork.

Calories/Protein

- Hot cereal fortified with iron & protein – can use protein powder or puree peanut butter
- Milkshakes made with whole milk and ice cream; can puree fruit without seeds

Organization Highlights:

Mobile Meals & Mom's Meals Services

Mobile Meals

www.mobilemeals.org email - info@mobilemeals.org 419-225 7806

The Meals on Wheels Program helps those needing assistance with diet and meal preparation, regardless of income, so they can remain in their own homes—and retain the dignity and independence they cherish. What's more, home deliveries serve as a daily checkup on our clients' health and wellbeing.

We offer the following home-delivered meal options:

Two meals a day, delivered five days per week

One meal a day, delivered five days per week

A five-day meal pack, delivered once a week

Weekend meals available with any of the above options

Holiday meals included with all plans

Most diets allow for a choice of daily entrée

Service startup usually takes one to two business days, but emergency startup is available. Application on line, more information about meal options, financial assistance, or to get started.

MOM's Meals

www.momsmeals.com 1-807-508 6667

DD waiver provider

1. Choose Your Menu

- General wellness menu, heart-friendly, lower sodium, diabetic-friendly, renal-friendly, pureed, gluten-free, vegetarian, cancer support
- Any combination of breakfasts, lunches, dinners or all three

2. Choose your meals

- Select from nearly 60 delicious meals according to your preferences OR let the chef choose for you
- Select 7, 10, 14, or 21 meals per order
- From American to Latin to Asian, you're sure to find a variety of meals that appeals to you

3. Heat, Eat Enjoy

- Food arrives in our “Fresh-Lock packaging” and climate-controlled cooler ‘til you get home
- Meals stay fresh for 14 days in the refrigerator
- Heat in 2 minutes...relax, savor, enjoy!

Other Options:

Senior Centers offer outreach programs, meals, health information and screenings, etc. See pages 17 – 20 in *Older Adults Resource Guide*
Meals and Elderly Nutrition Programs – See page 22 in *Resource Guide*
Grocery Shopping Assistance and Farmers’ Market See page 23 -24 in *Resource Guide*



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