



## Good Nutrition for Care Receivers

*by Josie Padro*

Proper nutrition is important for so many things in life—it ensures we have strength and energy to cope with stress, it helps us build our defenses against infection, it promotes healing. So it's no surprise that we worry when the person we are caring for doesn't seem to be eating well.

Lack of appetite can be caused by many reasons—depression, over-sedation, or dental pain for example. Difficulty swallowing can also develop, which can lead to choking and serious complications. Always report your concerns to your family member's health provider.

If your family member just needs a little calorie boost, as long as they have no dietary restrictions, they may enjoy homemade milk shakes with different flavoured ice creams, puddings or eggnog when it's in season.

Call HealthLink at 8-1-1 to speak, in person, to a dietician.