

BASIC PRINCIPLES OF THE ELDERLY NUTRITION



EATING 4-5 SMALL MEALS A DAY

This prevent hunger pangs and at the same time will not be a burden on the digestive system of the elderly person



PREPARE MEALS WITH FRESH PRODUCTS

Prepare meals based on products from verified source (suppliers). At least one meal a day should be warm.



REMEMBER TO HYDRATE THE BODY REGULARLY

An elderly person should drink at least two liters of fluid during the day, preferably mineral water. In hot weather, it can be up to three liters of fluid a day.



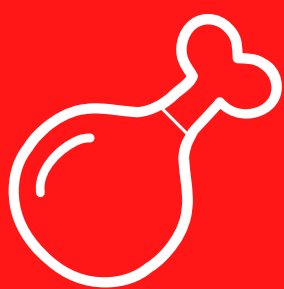
FRUITS AND VEGETABLES

Fruit and vegetables should be included in every meal. They can be properly prepared: peel, boil, rub or blend.



LIMIT SALT USE CONSUMPTION

Salt adversely affects blood pressure. It is worth seasoning the dishes with herbs and dried vegetables.



LIMIT FATTY MEATS, COLD CUTS, ANIMAL FATS CONSUMPTION

Fatty meats and animal fats can increase the level of bad cholesterol. It is advisable to eat poultry, fish, vegetable oils, olive oil - they are a source of polyunsaturated fatty acids valuable for health.

More information: <http://resources.homecareproject.eu/>