


Malnutrition Care for All

Food and Fluids are important in Long Term Care



Up to 2 out of 3
Long term care residents have malnutrition



9 out of 10
residents do not get enough protein



9 out of 10
do not consume enough fluid



Texture modified diets
may be inadequate for key nutrients

Poor nutrition and hydration can result in higher care needs

- Unplanned weight loss can increase chances of being hospitalized
- Muscle loss occurs rapidly and increases risk of falls which affects activities of daily living and overall functioning
- Poor nutrition results in slower wound healing and more skin breakdown

YOU can help by improving your residents' nutrition and mealtime experiences

Encourage foods high in protein, energy and ensure enough fluids are offered



Assist residents who need help with meals



Open food packages



Help with eating and drinking



Cut food into small pieces

Did you know?

Residents eat more when staff interact with them socially and focus on their needs.

Supporting references and additional resources are available [here](#)

Create a positive eating environment



Provide good lighting



Remove clutter from table or tray



Limit noises, unpleasant smells



Reduce interruptions



Canadian Nutrition Society
Société canadienne de nutrition



Canadian Malnutrition Task Force
le Groupe de travail canadien sur la malnutrition