

5 Healthy Eating Tips for People Living with Dementia

1 CONSIDER THE MIND DIET.

This hybrid of the Mediterranean diet and DASH diet is often recommended by physicians and experts in memory care. It is rich in vegetables, whole grains, fruit, protein and olive oil.

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2 AIM FOR FOODS IN SEASON.

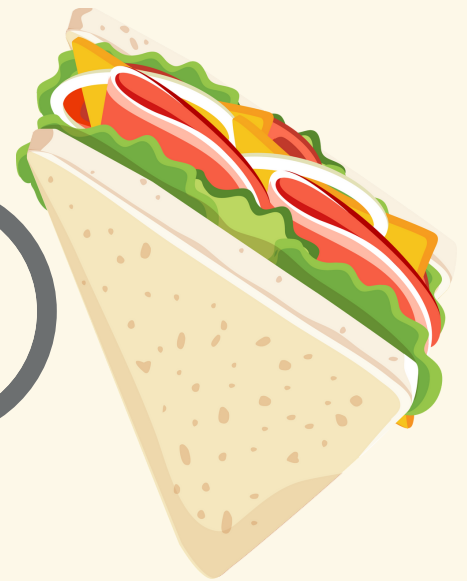
Shopping in season helps you find the foods with the best flavor and highest nutrients. Shop at a farmers market for the freshest options.



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3 MODIFY FOODS AND UTENSILS.

Dementia can affect a person's physical abilities. Opt for fork-friendly foods and finger foods if needed.



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4 CONSIDER THE EXPERIENCE.

In addition to taste; sight, smell and sounds all make a difference at mealtime. Make sure the dining space is well lit and there is visual contrast with the food.



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5 KEEP DINING OUT ENJOYABLE.

Choose a place with a calm, quiet environment and go at an ideal time of day, such as before the dinner rush. Suggest one or two meals from the menu to make decision making easier.

