



Mealtime Made Easier: Nutrition Tips for Dementia Caregivers

Why Nutrition Matters: Nourishing meals support brain health, energy, and comfort. But in dementia care, mealtimes can be emotional and challenging.

This guide offers simple, compassionate tips to ease the burden.

1. **Keep it Simple & Familiar**

- Offer well-loved, recognizable foods
- Use small, nutrient-dense portions
- Avoid overwhelming the plate with too many options

2. **Hydration is Key**

- Encourage water-rich foods like soups, smoothies, fruits
- Keep drinks within reach throughout the day

3. **Gentle Nutrition for Brain Health**

- Include leafy greens, berries, whole grains, and omega-3s
- Limit processed foods high in sugar and salt

4. **Calm the Environment**

- Reduce background noise and clutter
- Use plain plates to improve food visibility
- Serve one food at a time if confusion is an issue
- Keep table setting simple. One cup, one plate, one utensil.

5. **Support Independence**

- Offer finger foods for easier eating
- Let them choose between 2 simple options
- Try adaptive utensils or bowls with grips if needed

Remember: Progress over perfection. Every bite is a chance for connection, not just nutrition. You are doing a loving and important job.