

# Nutrition Barriers for Older Adults

People who take medications for chronic conditions may experience a decrease in



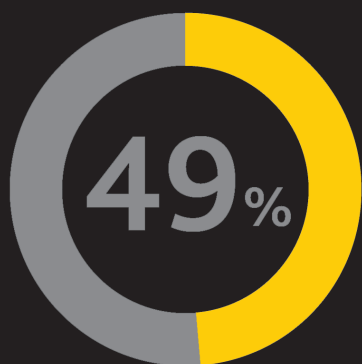
APPETITE



TASTE OF FOOD



ABSORPTION OF NUTRIENTS



Almost half of older adults who live alone have poor nutritional habits that increase their risk of illness and hospitalization.

4.1 million older Canadians eat an inadequate diet, lacking in enough vitamins, minerals, water, fibre and protein.



An inadequate diet can contribute to



UNHEALTHY WEIGHT LOSS/  
WEIGHT GAIN



DECREASED BONE MASS



IMMUNE DYSFUNCTION



COGNITIVE IMPAIRMENT



ANEMIA



PROBLEMS RECOVERING FROM ILLNESS

SOURCE: STATISTICS CANADA



Circle of Care  
Sinai Health System

[www.circleofcare.com](http://www.circleofcare.com)

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