

SUPPLEMENTAL DRINKS: WHO NEEDS THEM?



If you are trying to gain weight:
Supplemental nutrition is made up of a healthy balance of protein, fats, and carbohydrates and can be a healthy and tasty way to get in extra calories.

If you need more protein:
Loss of appetite or trouble preparing meals can lead to malnourishment in older adults. Adding easy-to-consume supplemental nutrition drinks can help support muscle health and overall strength.

If you have difficulty swallowing or consuming enough calories:
Supplemental drinks are designed to have the necessary vitamins and minerals needed to meet the goals of increasing calories and nutrition, while tasting great.



Diabetes Tip:

Portion control is very important in diabetes management. You can control your intake of foods that quickly increase blood glucose levels by adding plenty of vegetables and fruit to your meals. Fill half your plate with those colorful, high fiber, low calorie foods to help cut back on the high calorie, less nutrient dense ones.

Bottom line:

Supplemental nutrition drinks are not designed to solve all problems related to lack of appetite and inadequate nutrition intake in seniors. However, they can help older individuals take in more calories, vitamins, and other nutrients that may be lacking in the diet.

Hydration Tip:

Always have water with you. Having fluid close by can make it easier to stay hydrated. Carry a refillable water bottle with you, or keep a lightweight water pitcher and glass near your favorite chair at home.

