

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

Proposed publication date: June 26, 2023
Content provided by: Alberta Health Services

Eating and dementia

Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

- If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods they like and don't worry too much about how the food is eaten.
- Offer food often. This includes healthy mid-morning and mid-afternoon snacks.
- Set aside enough time for meals. They may take longer than others to eat.
- Limit choices, which can be confusing. Serve meals in courses, one food at a time.
- If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
- If the person is losing weight, consider adding a liquid nutrition drink such as Ensure or another brand. Ask your pharmacist or doctor for more information.
- Eat with the person.