

meals.

IDEAL CAREGIVERS 4U





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Are you eating alone?

How can you make cooking feel less of a chore? With a little bit of planning you can enjoy a variety of foods.

- Collect simple recipes that use only a few ingredients and are fast to make.
- Prepare meals when you have the most energy. Chop vegetables in the morning, place them in a container in the fridge for later use.
- Find healthier frozen, ready-to-eat dinners. Look for those with lower sodium and fat.
- Buy bagged salads or pre-chopped vegetables.
- Have some of your meals delivered; some companies also have Caregivers who do meal preparations at your home.

Eating alone can sometimes be hard to stay motivated about cooking meals.





SIGNS OF ELDERLY DEHYDRATION



Confusion

Difficulty walking

Dizziness or headaches

Dry mouth

Sunken eyes

Inability to sweat or
produce tears

Rapid heart rate

Low blood pressure

Low urine output

Constipation



DEHYDRATION IN SENIORS

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Dehydration

Occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste.



If severe enough, dehydration can lead to confusion, weakness, urinary tract infections, pneumonia, bedsores in bed-ridden patients or sadly even death. Generally speaking, humans can't survive more than four days without water.



POSSIBLE CAUSES

- Medications
- Decreased Thirst
- Decreased Kidney Function
- Illness

Keep a bottle of water
within reach
for them to use



PREVENTION

- Make sure he or she consumes an adequate amount of fluids during the day;
- Eats healthy, water-content foods such as fruit, vegetables and soups;
- Check that urine color is light and output adequate (dark urine or infrequency of urination is a classic sign of dehydration).

THE DEHYDRATION PINCH TEST

For a quick and easy way to decipher if you're dehydrated, try out **the pinch test** (also known as the skin turgor test):



Lightly pinch some skin on the back of your hand and pull it up about **one centimeter** before letting go.



If you're not dehydrated, the skin will **spring back** into its regular position almost immediately.

If it **takes a few seconds to settle back down**, you may be dehydrated.

Are you losing weight?

It is natural for your weight to change from time to time, however, people with Dementia and or Alzheimer's lose weight quickly and without trying.

Here are some tips to help stop unwanted weight loss.

- Eat smaller amounts of foods more often. Try eating every 2-3 hours.
- Breakfast; snack; lunch; snack; evening meal; snacks.
- Eat more food when your appetite is best.
- Snacks can be cheese, crackers, fruit, yogurts, puddings, vegetables and hummus, eggs, peanut butter and apples, oatmeal or cereal, muffins and applesauce.
- Make milkshakes and smoothies
- Drink Meal replacements (Ensure®, Boost®, Resource 2.0®) as snacks.



HOW IS YOUR APPETITE?

OOPS... I FORGOT TO EAT BREAKFAST

People with dementia can genuinely forget to eat and drink, especially because many of them experience decreased appetite and interest in food.



- Set daily reminders for you to eat several times every day.
- Plan your meals and snacks ahead of time.
- If you don't feel like cooking replace a meal with 2 or 3.
- easy snacks throughout your day.
- Make a daily log with times and what you ate.
- Aim for at least 3 food groups for each meal.
- Pack to-go snacks to take with you when you are away from home.
- Hire a company to help with grocery shopping and meal preparations.
- Hire a company to remind you of meal times

Troubles swallowing, biting or chewing?

Swallowing difficulties progresses with Dementia and Alzheimers which affects the area of the brain that controls swallowing. In advanced dementia the person may have a weak swallow or lose the ability to swallow safely.



- People with swallowing difficulties are likely to be dehydrated and/or malnourished.
- Lack of coordination when chewing and swallowing can result in choking.
- Swallowing problems can also be caused by general weakness and frailty of the person, that is, their swallowing muscles become very weak.
- A sore mouth or sensitive teeth can cause a person to take in less food or develop swallowing problems. Connect with your dentist immediately.

HEALTHY

RECIPES





BLUEBERRY BANANA BREAKFAST BARS

INGREDIENTS

- 1 1/3 cups rolled oats
- 1/3 cup coarsely chopped dried figs
- 1/4 cup coarsely chopped almonds
- 1/4 cup sunflower seeds
- 1 cup mashed ripe bananas
- 1/3 cup smooth peanut butter
- 2 tablespoons honey
- 2 large egg whites
- 2/3 cup fresh blueberries
- 1 tablespoon flax seeds
- 1 tablespoon sunflower seeds

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

Line an 8-inch square baking pan with parchment paper, leaving 1 inch of parchment hanging over the sides.

Mix oats, figs, almonds, and 1/4 cup sunflower seeds together in a bowl. Stir bananas, peanut butter, and honey together in a saucepan over medium-low heat until completely melted and smooth, about 5 minutes.

Remove saucepan from heat. Whisk egg whites together in a bowl until foamy.

Mix banana mixture into egg whites and whisk until smooth; add oat mixture and stir until batter well combined. Fold blueberries into batter. Press batter into the prepared pan; top with flax seeds and 1 tablespoon sunflower seeds. Bake in the preheated oven until golden, about 30 minutes.

Cool completely before cutting into bars.



STRAWBERRY CINNAMON OATMEAL MUFFINS

INGREDIENTS

- 1 cup all-purpose flour
- 1 cup rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 egg, beaten
- 1/2 cup milk
- 1/4 cup light olive oil
- 1/2 cup sugar
- 1/2 pint chopped fresh strawberries

DIRECTIONS

Preheat oven to 425 degrees F (220 degrees C).

Grease 12 muffin cups.

In a large bowl, mix flour, oats, baking powder, baking soda, cinnamon and salt.

In a separate bowl, whisk together egg, milk, olive oil and sugar.

Mix in strawberries. Stir strawberry mixture into oat mixture just until evenly moist.

Spoon into prepared muffin cups.

Bake 18 to 20 minutes in the preheated oven, until a knife inserted in the center of a muffin comes out clean.



GOLDEN POTATO SOUP

INGREDIENTS

- 3 cups peeled and cubed potatoes
- ½ cup chopped celery
- ½ cup chopped onion
- 1 cube chicken bouillon
- 1 cup water
- 1 teaspoon dried parsley
- ½ teaspoon salt
- 1 pinch ground black pepper
- 2 teaspoons all-purpose flour
- 1 ½ cups milk
- 1 ½ cups shredded cheese
- 1 cup chopped ham

DIRECTIONS

In a large stock pot add potatoes, celery, onion, chicken bouillon, water and parsley flakes.

Season with salt and pepper and simmer until vegetables become tender.

In a separate bowl mix flour and milk. Once it is well blended, add to soup mixture and cook until soup becomes thick.

Stir in cheese, cooked ham or hamburger and simmer until cheese is melted.



MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice
- 3/4 teaspoon salt
- Freshly ground black pepper
- 1/2 teaspoon cumin seeds
- 2 cups cooked chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 4 dates, pitted and diced
- 3 Persian cucumbers, sliced into thin half moons
- 1/3 cup chopped roasted red peppers
- 1/4 cup finely chopped parsley
- 3 ounces Goat Cheese
- 1/4 cup fresh mint
- 1/3 cup roasted pin nuts (optional)

DIRECTIONS

In a large bowl, combine the olive oil, garlic, lemon zest, lemon juice, salt, and several grinds of pepper.

Add the chickpeas, tomatoes, dates, cucumbers, red pepper, and parsley to the bowl and toss.

Transfer to a serving platter and dollop with the goat cheese, sprinkle with mint, and top with the roasted pine nuts, if desired.

Season to taste and serve.



PASTA POMODORO

INGREDIENTS

- 1 (16 ounce) package angel hair pasta
- 1/4 cup olive oil
- 1/2 onion, chopped
- 4 cloves garlic, minced
- 2 cups roma (plum) tomatoes, diced
- 2 tablespoons balsamic vinegar
- 1 (10.75 ounce) can low-sodium chicken broth
- crushed red pepper to taste
- freshly ground black pepper to taste
- 2 tablespoons chopped fresh basil
- 1/4 cup grated Parmesan cheese

DIRECTIONS

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 minutes or until al dente; drain.

Pour olive oil in a large deep skillet over high-heat. Saute onions and garlic until lightly browned.

Reduce heat to medium-high and add tomatoes, vinegar and chicken broth; simmer for about 8 minutes.

Stir in red pepper, black pepper, basil and cooked pasta, tossing thoroughly with sauce.

Simmer for about 5 more minutes and serve topped with grated cheese.



CHICKEN BROCCOLI CASSEROLE

INGREDIENTS

- 2 cooked skinless chicken breast, preferably organic, shredded or cubed
- 3 cups broccoli florets
- 3 tablespoons butter, oil
- 1 yellow onion, diced
- 2 fresh garlic cloves, minced
- 2 carrots, peeled and diced
- 1 cup Milk
- 1/2 cup Sour Cream
- 2 cups cheddar cheese shredded
- 1 tablespoon dried onion flakes
- 1 tablespoon dried dill
- 1 teaspoon salt
- 1 teaspoon of oil
- 1/2 teaspoon dried thyme
- Juice and zest of 1/2 lemon
- 1/2 to 1 cup cooked rice or pasta

DIRECTIONS

Grease your 9 x 13 casserole dish.

In a pot, steam broccoli and enough water to steam the broccoli. Cover with a lid, bring water to a boil and steam the broccoli for 2-3 minutes. Remove from heat and carefully remove the broccoli and set aside.

Add 1 teaspoon of oil to a saucepan and turn the stovetop to medium-high heat. Add the onion, garlic and carrots, stirring occasionally for about 5-7 minutes. Remove from heat.

In a large mixing bowl, add cooked chicken, steamed broccoli, onion-carrot mixture, yogurt, sour cream, 1 1/2 cups shredded cheese, onion flakes, dill, salt, and thyme.

Optional: Lemon juice and zest, and cooked rice or cooked pasta.

Stir until fully combined and evenly distributed. Pour mixture into greased casserole dish. Sprinkle remaining 1/2 cup shredded cheese over the top of the casserole. Bake at 375 degrees F for 40-50 minutes, or until the cheesy top is lightly golden brown.

Let sit for 5 minutes before serving.

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TURKEY BACON AND AVOCADO GRILLED CHEESE

INGREDIENTS

- 4 slices hearty artisan bread
- 4-6 slices lean turkey
- 4 - 6 slices of cooked bacon
- 4 sliced mozzarella (about 4-6 ounces)
- 1 avocado, sliced 1 ripe tomato, sliced
- Basil leaves
- 1-2 tablespoons of butter

DIRECTIONS

Butter one side of each of the slices of bread.

Place 2 slices of bread, butter side down in skillet or griddle.

Layer with mozzarella, turkey bacon, avocado, tomato and basil.

Top with remaining slices of buttered bread (butter side up).

Heat over medium high heat and top sandwiches with the remaining slices of bread, butter-side-up and cook until golden and cheese begins to melt - about 4 minutes (you can cover with a lid to speed up the melting process.)

Carefully flip sandwich, reduce heat to medium and cook a few more minutes until cheese has melted and bread is golden brown.

Slice in half and serve.

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