

## Good Nutrition at Home

### Key Takeaways

- Think about nutrition as part of the healing process
- Good nutrition can help patients recover faster and feel better sooner
- Nutrition is important for the immune system, energy and healing
- Follow any special diet prescribed by the doctor, such as low sodium, heart healthy, diabetic, soft food, etc.

### Tips for Home

- If appetite is poor, provide small frequent meals – three small meals with snacks between meals – and possibly consider nutrition supplements, such as Ensure, Boost or a high-calorie/high-protein shake until appetite improves
- Obtain easy to prepare meals, such as healthy frozen meals (see additional handout)
- If you have time before your family goes home prepare several meals, such as stews, casseroles and soups, and freeze single-serving containers
- Check the refrigerator before going home and make sure there is no spoiled food
- When grocery shopping consider easy to eat foods such as single-serving yogurts, bananas and prepared salads
- If you need help providing food, consider meal or food delivery such as Meals on Wheels or grocery store delivery (see list of food resources)
- If you're concerned about not getting enough nutrition:
  - Monitor weight once or twice weekly
  - Record meal intake if possible
  - Make mealtime pleasant and social as much as possible