



Adult Day Care Fact Sheet

for the USDA Child and Adult Care Food Program

No. 2

Nutritional Needs of Adult Day Care Participants

Each adult day care participant has a unique set of nutritional needs that can be influenced by chronic illness, disabilities, sensory losses, oral health problems, and multiple medications. Helping older adults and adults with disabilities maintain independence is one of the goals of adult day care. To help adults meet their nutritional needs, here are some guidelines for adult care providers to follow.

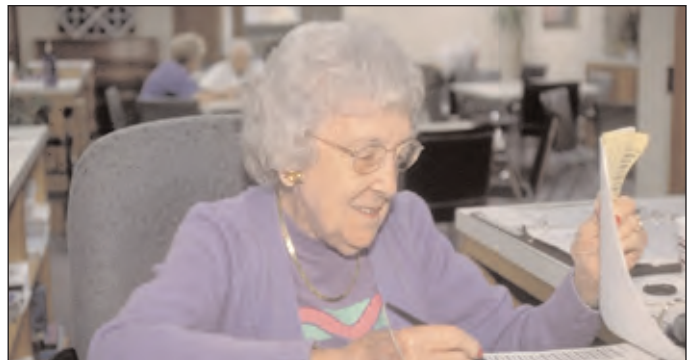
Do a Nutrition Assessment

Have a Registered Dietitian (RD) complete a nutrition assessment for each participant so you can meet each participant's individual nutritional needs.

DETERMINE The Warning Signs of Poor Nutrition

In a national effort to identify and treat nutritional problems in older adults, a list of warning signs of poor nutrition was developed by the Nutrition Screening Initiative (NSI). The **DETERMINE** checklist is the NSI tool used to assess the impact of various dietary, medical, physical, or social problems. An older adult who has *three or more* of these warning signs should see a doctor, RD, or other healthcare professional.

Disease
Eating poorly
Tooth loss/mouth pain
Economic hardship
Reduced social contact
Multiple medications
Involutionary weight loss/gain
Need of assistance in self-care
Elder years above age 80



Follow Nutrition Guidelines for Carbohydrates, Protein, and Fat

- Choose low-fat or lean meats and poultry.
- Bake, broil, or grill meats rather than fry them.
- Vary your protein choices with more fish, beans, and peas.
- Remember that older adults need slightly more protein than younger adults because the body of the older adult uses protein less efficiently and also is more easily injured, thus requiring protein to repair tissues.
- Foods high in protein are often difficult to chew and swallow, so prepare and serve protein foods in ways that are easier to chew and swallow.
- When using canned fruit, select fruit canned in 100% fruit juice or water rather than those canned in syrup.



National Food Service Management Institute
The University of Mississippi

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Nutrition Needs of Adult Day Care Participants (continued)

Focus on Fiber

Dietary fiber is the natural way to help prevent constipation caused by inactivity, lack of proper fluid intake, or medications.

To increase fiber in the diet

- serve whole-grain cereals, breads, rice, and pasta.
- serve more beans, peas, and lentils.
- serve a variety of fruits and vegetables.
- use whole or cut-up fruits rather than juice.

For adults with chewing and swallowing problems, serve cooked fruits and vegetables.

Meet Vitamin and Mineral Requirements

- Serve potassium-rich fruits, such as bananas, prunes, peaches, and oranges.
- Serve potassium-rich vegetables, such as sweet potatoes, spinach, and lentils.
- Vary fruits and vegetables to provide different nutrients.
- Serve more orange and dark green vegetables.
- Serve calcium-rich foods.
 - ◊ Serve low-fat or fat-free milk, yogurt, or cheese.
 - ◊ If participants are lactose-intolerant, choose lactose-free or non-dairy sources of calcium, such as soy milk, yogurt, or cheese.

Because aging and medications can cause participants to utilize vitamins and minerals differently, consult a physician or RD to see if participants need to take supplements.



Limit Sodium Intake

- Serve fresh vegetables.
- Buy canned vegetables labeled “no salt added.”
- Remember that sauces and seasonings can add sodium to vegetables.

Provide Adequate Fluids



- Encourage participants to drink a cup of fluid between meals and a cup or more of fluids with meals.
- Offer beverages, fruit bars, fruit slush, or fruit smoothies as part of an activity.
- Consult an RD or swallowing therapist on how to provide fluids to participants with swallowing difficulties, disabilities, medical conditions, and fluid-restricted diets.

Source:

National Food Service Management Institute. (2005). *Adult Day Care Resources for the USDA Child and Adult Care Food Program*. University, MS: Author.

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