



How can I ensure my elderly parents have a nutritious diet?



If you are caring for someone elderly or wanting to look after your health, read more...





Contents

Does what you eat affect you in your later years?..... **2-3**

What nutrients should I recommend to my elderly parents?..... **4-5**

How can I start to prioritise nutrition now, in preparation for when I am older?..... **6-7**

I have cravings and I do not know how to control them..... **8-9**

Are my elderly parents hydrated enough?..... **10-11**

How could I make my elderly parents diet more convenient for them?..... **11-12**

Surround yourself with people who are promoting a healthy lifestyle..... **13-14**

Will my parents' carers provide help with nutrition and hydration?..... **15-16**

Bluebird Care Meal Plan

Bluebird Care Meal ideas

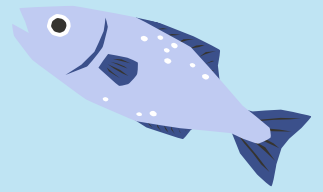
By all means, having processed foods every now and then is acceptable, you cannot completely cut it out, however, it is all about ***moderation...***

“

Eat something that will make you feel good hours after eating, not something that will make you feel good for 15 minutes whilst eating it

”

What nutrients should I recommend to my elderly parents?



The main nutrients your body needs when you are getting older is **Vitamin D** for bone health and **B12** to support nerve functions.

Foods that include ***Vitamin D:***



Fish



Eggs



Pork chops



Mushrooms



Fortified foods such as: tofu, yoghurt, orange juice and milk

If you are vegetarian/vegan you can get in your vitamin D by taking supplements, in tablet form or gummy form. These can be bought in your local supermarket.

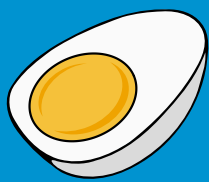
Foods that include **B12**:



If you are vegetarian/vegan, you can get In your B12 by taking supplements. These can be bought in your local supermarket.



How can I start to prioritise nutrition now, in preparation for when



I am older?

1.

CHECK THE INGREDIENTS



If you are looking at the ingredients of something you are eating and you can see ingredients that are too long to even pronounce and you do not recognise, then it not going to be good for you.

2.



AVOID HIGH CALORIE FOODS

Ultra-processed foods are something that provide a small amount of pleasure and have ridiculous amounts of calories, which can contribute to all your daily intake.

3.

AVOID FOODS WITH NO NUTRITIONAL VALUE

A normal human should intake around two thousand calories a day, some ultra-processed foods like a domino's pizza can come to almost that full intake.



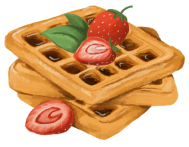
4.

EAT MORE HEALTHY FOODS



A pizza has no nutritional value and you are eventually going to get hungry again throughout the day. Eating three nutritionally dense meals will make you more energised and less fatigued.





I have cravings and
***I do not know how
to control them...***



*You are always going to
have cravings, but there is a
small hack to this...*

*When you are feeling **low, grumpy, and
lethargic**, you crave chocolate and
want to reach for a Cadburys chocolate
bar. Well, your body is not actually
craving chocolate, **it craves
magnesium...***



Avocados



Leafy green vegetables



Whole grains



Dark chocolate



so instead you can have:

Bananas



Salmon and tuna



Yoghurt



Fish



Beans



If you are ever craving a certain food, google a healthy alternative, your body is not craving that certain food, ***its craving a certain nutrient.***

Are my elderly parents

hydrated enough?



Dehydration can lead to a range of health problems, including....



constipation

confusion



urinary tract infections



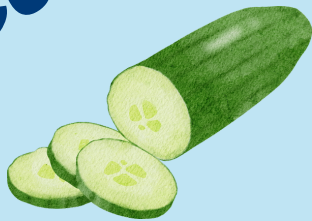
Our bodies crave hydration,

but drinking loads and loads of water is not only a big task, but for elderly adults is not durable.



If you struggle to drink three litres of water a day, try these options instead:

Cucumber



Diluted juice



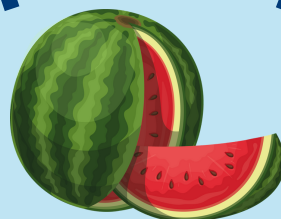
Blueberry's



Tea



Melon



How could I make  **my elderly parents diet** more convenient for them? 


Convenience is key
when eating
nutritiously packed
foods



as some say, **its sometimes easier** to just stick some processed foods in the oven rather than cooking a **healthy meal**, and that is the struggle most have, younger and older.



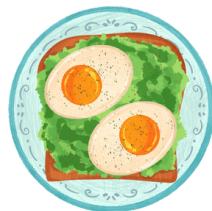
Meal subscription boxes

Websites like HelloFresh provide meals to your day, all ingredients, and instructions to help you cook a nutrition dense meal. Not only does this ensure you are eating healthy and fresh foods, but it promotes independence. This may get your loved ones cooking in the kitchen again.



Meal prep

This can be sourced from a nearby meal prep service or can be done by a loved one. A family member could meal prep food for the week for you, to reduce the unhealthy eating habits and is more convenient. This ensures your family know what you are eating is good.



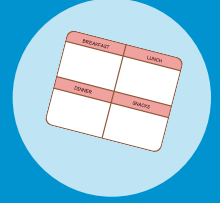
Order food

Order food from restaurant's that offer healthy options, some restaurants/meal prep services allow food to be delivered to your door every day.

Remember – keeping healthy and your nutrition is your highest property for you and your elderly parents, some services may be higher in price, but putting away a small amount of money to guarantee your loved ones are getting the correct nutrients, is something to consider.



Surround yourself with people who are promoting a healthy lifestyle



Family members, friends and your carers will motivate you to eat better, you never know, your healthy habits could inspire others to act the same.



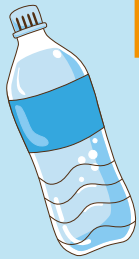
Its very easy to be tempted into eating/drinking something that is unhealthy by people around you, avoiding these interactions. When you are surrounded by people encouraging healthy behaviour its more motivating to eat healthy.

When working amongst group situations, ***its easier to fall into traps of eating poorly***, for example, if a coworker brings in sweet treats and offers you one, you are probably going to take it because everyone else has.



Reminder: whether it is homemade or not, you can say no when people offer you food, it is okay.

Will my parents' carers provide

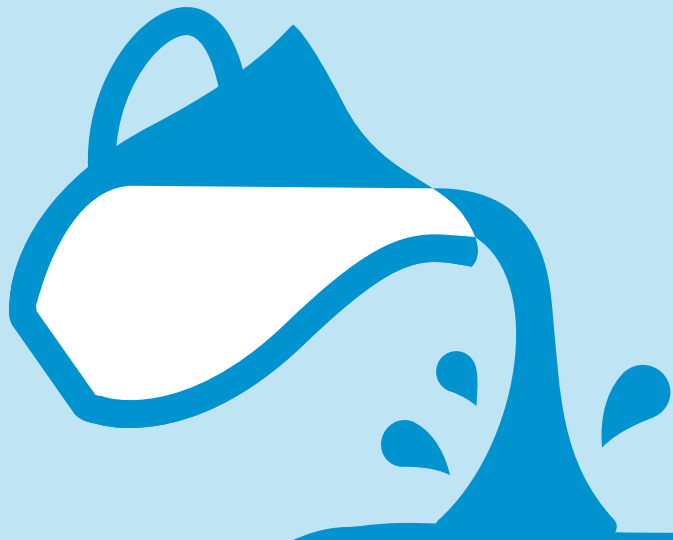


help with nutrition and hydration?

When our carers visit your loved ones, **they will make you anything depending on call time**, whether it is a small sandwich for a dinner call or a nice meal on an evening call, our carers will do anything depending on your needs.



you



During our carers time spent with your loved ones, ***they are motivating to help hydrate.***

Whether this is providing fresh water, ensuring they are drinking it, or providing an alternative.




At Bluebird Care, the wellbeing of our customers is the heart of the care provided. We listen to your needs, and **we form a plan which aligns with you!**


Bluebird Care Meal Planner




Monday

	Breakfast :	Lunch :
Snack :	Dinner :	


Tuesday

	Breakfast :	Lunch :
Snack :	Dinner :	


Wednesday

	Breakfast :	Lunch :
Snack :	Dinner :	


Thursday

	Breakfast :	Lunch :
Snack :	Dinner :	


Friday

	Breakfast :	Lunch :
Snack :	Dinner :	

Saturday

	Breakfast :	Lunch :
Snack :	Dinner :	

Sunday

	Breakfast :	Lunch :
Snack :	Dinner :	

Month :

Week : 1 2 3 4 5

Bluebird Care Meal Ideas



Breakfast

- Yoghurt and fruit with honey or agave syrup (add seeds nuts, or granola for added calories)
- Wholemeal toast with a choice of preserves
- Porridge/Ready Brek with choice of toppings
- Cereal with a side of fruit
- Scrambled egg on toast



Lunch

- Steak and kidney pie with a side of mashed potatoes and steamed greens
- Stew and dumplings with a side of greens
- Chicken or vegetable pasta bake with a side of salad
- Cottage pie with a side of mixed vegetables
- Fish pie with a side of mixed vegetables



Dinner

- Lentil soup with a side of wholemeal bread and butter
- Omelette with two to three fillings
- Quiche with a side of new potatoes and vegetables
- Fishcake with a side of mashed potatoes and vegetables
- Roast chicken with a side of new potatoes and salad



Snack

- Yoghurt drinks
- Ready Brek
- Fruit (avoid harder fruits like apples, pears)
- Yoghurt
- Cheese on soft crackers
- Ham
- Porridge
- Bread and butter (not toast)
- Cheese slice
- Ice cream
- Boiled eggs
- Rice pudding

