

# Deconditioning: NUTRITION AND HYDRATION

## RECOMMENDATIONS TO OWNERS, MANAGERS, AND HEALTH CARE PERSONNEL



Provide residents with foods adapted to their swallowing and chewing abilities.

Provide at least 3 fluids (foods or beverages) with every meal.



Make sure that a variety of fluids are readily available to drink between meals.

Make sure that a variety of foods are readily available to eat between meals, especially in the evening.



Offer fortified foods and nutritional supplements as needed.

Weigh residents regularly.



Make sure that every resident is receiving adequate oral care.

Make sure that at least 75% of every meal is eaten.

Watch for signs of eating difficulties.



Watch for signs of dehydration.

