**Wellness Articles**

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](https://www.albertahealthservices.ca/news/Page9966.aspx)

**Proposed publication date:** June 26, 2023

**Content provided by:** Alberta Health Services

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**Eating and dementia**

Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

* If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods they like and don't worry too much about how the food is eaten.
* Offer food often. This includes healthy mid-morning and mid-afternoon snacks.
* Set aside enough time for meals. They may take longer than others to eat.
* Limit choices, which can be confusing. Serve meals in courses, one food at a time.
* If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
* If the person is losing weight, consider adding a liquid nutrition drink such as Ensure or another brand. Ask your pharmacist or doctor for more information.
* Eat with the person.