Nutrition Screening Results

Thank you for completing the nutrition screening questionnaire!

You completed two types of questions:

1. Direct questions about your food and fluid intake.
2. Questions about special challenges that can make it harder for older adults to eat well and/or can increase the chance of nutrition problems.

The information below and resources provided are based on your responses to the questions.

Food and Fluid Intake

<table>
<thead>
<tr>
<th>Nutrition Question</th>
<th>Doing Good 😊</th>
<th>Room for Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating regularly (not skipping meals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intake of vegetables and fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intake of meat and alternatives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intake of milk and alternatives</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intake of fluids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating ordinary foods (not relying heavily on commercial meal replacements or supplements for your nutrition)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Special Challenges

Some common challenges for older adults that you reported experiencing are checked below.

- [ ] Weight gain or weight loss in the past six months
- [ ] Gaining or losing weight without trying
- [ ] Feeling that your weight is more or less than it should be
- [ ] Needing to limit or avoid certain foods
- [ ] Poor appetite
- [ ] Swallowing problems
- [ ] Chewing problems
- [ ] Eating alone
- [ ] Finding cooking a chore
- [ ] Difficulties with grocery shopping