




RITA'S CARE AT HOME LLC

STAY INDEPENDENT WITH A HELPING HAND FROM US



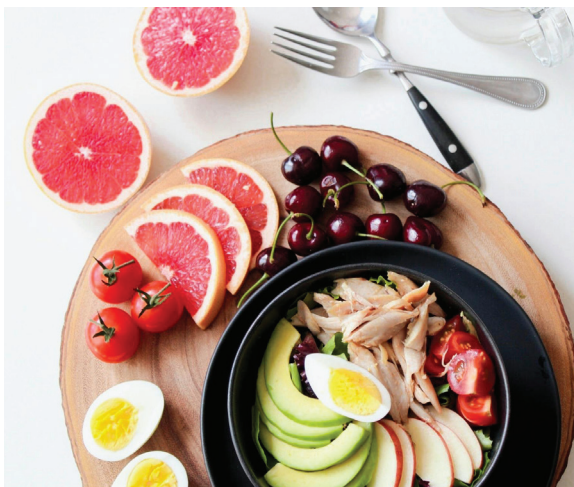
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Overcoming Roadblocks to Healthy Eating

Healthy eating can help you lose or maintain weight, feel better overall, and possibly decrease your chances of getting certain diseases. But eating healthy can be difficult even if you know which foods you should buy and prepare. Your budget, physical issues, mood changes, and dietary restrictions can be roadblocks to eating food that's best for you.

Here are suggestions for dealing with common problems that can make it harder for older adults to follow through on smart food choices.

- **Budget.** If you're living on a fixed income there are resources to help you plan a food budget. The website spendsmart.extension.iastate.edu has 100 inexpensive but nutritious recipes. Other tips include using coupons, asking if your grocery store has a loyalty rewards program, and buying store-brand products.
- **Physical issues.** If you have problems with your teeth or dentures it can be hard to eat meat, fruits, or vegetables. Ask your dentist for advice. If food seems to get stuck in your throat or it's hard to swallow, your doctor can help. Sometimes illnesses such as Parkinson's disease, stroke, or arthritis can make it harder to cook or feed yourself. An occupational therapist may be able to help.
- **Mood changes.** Your body changes as you age and this can cause you to feel full sooner. Some medications can also affect your appetite. If this is happening to you, try to be more active and vary the shape, color, and texture of foods you eat.
- **Dietary restrictions.** Even if you have allergies or dietary restrictions it's still possible to choose healthy foods. If you're avoiding dairy you can try lactose-free milk products. If you have gluten sensitivity go to medlineplus.gov/glutensensitivity.html for meal plans and tips for eating out.



Thank You to Our Caregivers for Going the Extra Mile (in a snowstorm)

We want to give a special thank you to all our caregivers who made it out during the snow storm in January and worked extra hours. You're the backbone of Rita's Care at Home, and we so appreciate you!

Use Our QR Code

We've gone high tech and now have a QR code! You can scan this QR code to visit our Yelp website. Here's how to scan the code:

1. Launch the camera app on your phone.
2. Center the QR code within your camera's viewfinder.
3. Hold the phone steady for a moment while the phone reads the code.
4. A link associated with the QR code will appear on your screen. Tap on this link to see our Yelp website.

