



Nutrition at any age!



Proper nutrition is an important part of healthy aging; however, malnutrition is a growing issue for many older adults.

Malnutrition is a deficiency, excess or imbalance in a person's intake of energy and/or nutrients. Malnutrition can result in longer hospital stays, greater health complications from conditions such as diabetes or osteoporosis, and longer healing times after illnesses or surgery. Risk factors and symptoms of malnutrition include unexpected weight loss, muscle weakness, loss of appetite, depression, etc.



TEXAS
Health and Human
Services

Texercise



You can prevent malnutrition by:

- Getting a nutrition screening by a health care professional
- Eating a healthy, well-balanced diet
- Taking supplements recommended by your physician
- Engaging in regular physical activity
- Using supplemental nutrition resources

Health and Nutrition Resources

- **Texercise:** texercise.com
- **Supplemental Nutrition Assistance Program (SNAP):** yourtexasbenefits.hhsc.texas.gov/programs/snap
- **Area Agency on Aging:** 800-252-9240
- **Aging and Disability Resource Centers:** 855-937-2372
- **211:** 2-1-1; 211texas.org/
- **Feeding America:** <https://www.feedingamerica.org/find-your-local-foodbank>