

Why Food Stops Tasting Right

The Overlooked Cause of Weight Loss, Frailty, & Disengagement

Why This is a Big Deal

Up to 30% of seniors experience diminished taste & smell, directly impacting nutrition.

When food loses appeal...

- Eating becomes a chore.
- Portions shrink.
- Weight drops.
- Energy declines.
- Fall risk increases.

What Families Will Hear:

"I'm just not that hungry anymore."

What's Actually Happening

They're just not enjoying food anymore.

Re-Engaging Appetite: Practical Ways to Make Food Appealing Again

BEFORE

Why it gets ignored...

Bland flavors
Nothing stands out

Limited color
Less visual appeal

Large portions
can feel overwhelming

Same routine
becomes boring



Less interest. Less appetite. Less nutrition.

AFTER

Small changes. Big difference.

Bold flavors
use herbs, citrus,
and spices

Bright colors
make food
more inviting

Right-sized
portions reduce
overwhelm

More variety
keeps meals
interesting



More interest. Better intake. Improved well-being.

QUICK WAYS TO RE-ENGAGE APPETITE



TURN UP FLAVOR

Use herbs, garlic, citrus & spices instead of extra salt.



FOCUS ON TEXTURE

Add a mix of soft and crunchy food to stimulate interest.



MAKE IT SOCIAL

Eating together encourages more enjoyment & intake.



MAKE IT VISUALLY APPEALING

Bright colors and good presentation stimulate appetite.

Meal Support with Home Care

If eating habits have changed, even slightly, a professional caregiver can help reignite appetite and prevent nutritional decline at home. It's worth a conversation. Call Today!



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