

9bYf[mUbX`Bi hf]Ybh8 Ybg]hm%

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Older adults that have experienced weight loss may need foods high in nutrients and calories to restore nutritional health.

- Foods that are **gpgti { 'f gpug** have lots of calories per serving. The calories may come from protein, fat, or carbohydrates.
- Foods that are **pwt lgpv f gpug** have high levels of nutrients per serving. Nutrient dense refers to the amount of vitamins, minerals, and/or protein in a food.

Some foods can be energy dense and provide few nutrients, while some foods can be nutrient dense but provide little energy or calories. Foods for the older adult that has lost weight should target **both** energy and nutrient density.

HUVY%

Energy-dense foods are often high in sugar and fat. Although a liberal fat diet may be recommended for the older adult that has lost weight, it is important that some of the energy-dense foods served to the older adult be high in protein.

Vegetables are often nutrient dense but energy densities for most are low. It is recommended that fats and sauces be added to vegetables to increase the energy densities of these foods.

Gzco rgu'qhlGpgti { /'cpf 'Pwt lgpv f gpug'

.....Hqqf u

"Whole milk

"Creamed soups

"Full-fat cheeses

"Pudding

Meat with gravy

"Rcuc"cpf "xgi gvdrgu'p'etgco "ucweg

7 UbXmis energy dense but provides no calories.

Gd]bUW is nutrient dense but provides few calories.

7\ YYgY is both energy and nutrient dense.

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H Y`bgh]h H'cZ: ccX'UbX'5[f]W`h fU`GWYbWg'f 5 GZ'g'Ub'9ei U`Cddcfh b]mi-bgh]h H'cb'U' h cf]nYX'ic'dfcj JXY'fYgYUfW ZYXi WU]cbU`]bZ'fa U]cb'UbX' cH Y' gYfj]W'g'cb'mitc`]bXj]Xi U'g'UbX`]bgh]h H'cbg'h UhZ bW]cb'k]h `bcb]X]gW]a]bU]cb'k]h `fYgdYWhic`fUWZWWYXZV6`cfZfY]]cbZU[YZX]gUW]mZgYi Z gYi U`cf]YbH]cbZa U]JU`gHUh gZbU]cbU`cf]]bZdc`]hWU`cd]b]cbg'cf UZ]U]cbg`I "G"8 YdUfha YbhcZ5[f]W`h fYZ7 ccdYfU]j Y9I H]bg]cb'GYfj]WZ I b]j Yfg]micZ: `cf]XUZ= 5 GZ: `cf]XU5/ A`I b]j Yfg]mi7 ccdYfU]j Y9I H]bg]cb'Dfc[fUa ZUbX'6 cUfXg'cZ7 ci bmi7 ca a]gg]cbYfg7 ccdYfU]b["A"]Y: YfYfI' 7\ UbWZ-bHYJa`8 YUb