

Caring for Seniors



Questions & Answers
with Vadim Cherdak, PhD, CSA
Certified Senior Advisor

Question: Are there any special diets for seniors?

It is well known that eating a nutritionally sound diet at any age is beneficial. Sound nutrition helps our bodies function well and may limit or reverse damage resulting from previous poor eating habits. Unfortunately, recent studies show that seniors are nutritionally insufficient in intake of vitamins C and E, intake of vegetable and meat groups and dietary variety. In addition, they are at a higher risk to be underweight. As a result of body changes, seniors typically require fewer calories. But we urge our clients to maintain a balanced diet rich in vitamins, minerals, fiber and (important) water. I would like to emphasize that seniors need to drink not less than 8 glasses of water a day. Moreover, you can't count any caffeinated beverages, such as coffee, tea or soda toward fluid intake. Water, according to nutritionists, is the best fluid, as it does not contain the natural sugars.

If you have any specific questions regarding caring for seniors please call me at Affinity Care.

I wish you a Happy and Healthy New Year!

Vadim Cherdak, PhD, is a Certified Senior Advisor with Affinity Care of NJ.



Affinity Care provides professional Home Health Care for Seniors and Disabled. Call us with your questions: **732-790-2796** or e-mail: sc@AffinityCareNJ.com.

Visit our web site www.AffinityCareNJ.com to check resources available for seniors.

Affinity constantly searches, trains and employs the best caregivers in Central NJ.