

Name: _____

Date: _____

Nutrition for Older Adults

Z S C B F K Z K B M E X L E E D Y M B Z U P A S
M E H J H X L V K E S H R X T E A L F R E P T O
Z C J N F K D F X E I S P W A L Q B L T D L J R
U I V O A T Z N S Y C P S W R B Y N Y K T K M Q
D O Z I U Q H M Q E R W Y M C P W S N T X D S L
H H N T B M B A E P E H B I I D U D F A W D E L
X C C A Y E M L O N X O A Y L B A A U D F X N B
A R V Z Q D B N H J E U P X O H Q L G R S T S X
S E J I F G K U X Z Q N H E B N P V Q K P S X T
L I J L N X V T W T O D E I A L Z D C J Y P W G
F H V A D W Q R K E B E N Z T L V O Y V D S V S
Z T Y I H A H I M H A R Q L E A L P K A C A F R
B L W C B G E T O J T N X D M R H U C C T H V B
Y A H O Z H O I R K S U W H L X O X S V Z Z X N
M E M S J P T O Z Y X T N M M G G R Z Q M S G M
E H P B O C G N O V H R U F T B I U X Q N E V J
D X I S F W T T E T V I M C B S B B S F R U I V
L K A V X K G V S D H T N Q D U P R O T E I N B
F G C G K V T A L I D I W F M P J B J E W F G W
E U C N L U V Q W E U O C Y S P O X L P V N V S
E I F H A C A Z S T Z N U S J R X R Y O C L I I
N Z Z H T F X V M A L N O U R I S H E D Y P W P
M U S C L E W E A K N E S S N E V I A S X S T U
L O C Q Q M A N A G E M E N T X O X S Y J F M N

Healthier Choices

Metabolic Rate

Undernutrition

Muscle Weakness

Socialization

Malnutrition

Malnourished

Management

Protein

Exercise

Diet