



Nutrition for Older Adults: Vision and Nutrition

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Importance of Nutrition

Good nutrition can help keep the body healthy. However, many factors such as changes in vision can get in the way of good nutrition.

Changes in Vision with Age

Vision tends to decline with age. This can make shopping and cooking more difficult.

Problems driving to the store and reading food labels may result in less grocery shopping.

Problems small print recipes, seeing oven flames, oven temperatures or timers may result in less cooking.

Sources

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Tips if Vision is a Problem

- Use a magnifying glass to read recipes or use large print recipe books.
- Use care around flames when cooking.
- Use colored tape to mark oven dial temperatures.
- Assistive technology devices can help with shopping and cooking if vision declines.