

Six Tips To Make Mealtimes Easier for People With Alzheimer's Disease

To learn about healthy eating for a person with Alzheimer's, visit www.nia.nih.gov/eating-alzheimers.



Serve meals in a consistent place, way, and time.



Offer foods the person is familiar with and likes.



Use mealtimes to talk about things you both enjoy.



Make the eating area quiet by turning off the TV and radio.



Cut food into small pieces and make sure the food is soft enough to eat.



Offer one food item at a time and don't rush the meal.