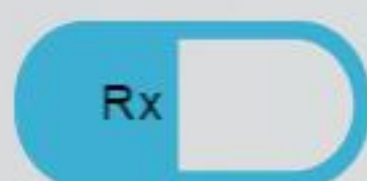


What Is Malnutrition?

Part of a monthly series from The Gerontological Society of America publication,
What We Know and Can Do About Malnutrition

52% of adults think that getting older is a cause of malnutrition. True, but...



Causes

Did you know

Taking 3 or more prescription or over-the-counter medicines per day

Eating alone most of the time

Having 3 or more alcoholic drinks per day

What does good nutrition mean?

Keeping a healthy weight



Shopping List

The right balance of protein, carbs, and fat.

Eating meals per day

3



Want to learn more about malnutrition?
Visit bit.ly/MalnutritionGSA

Participants in this study were provided through the Harris Panel, including members of its third party panel providers.