

# Nutrition for Older Adults - Resources

## Nutrition Screen form:

[Nutrition Self Screen](#)

## Handouts:

[Alberta Health Services nutrition handouts](#)

[Older Adult Nutrition Screening – Fact sheets](#)

## Recipes:

[Inspiring Healthy Eating Recipes](#)

[Food Guide Kitchen](#)

## Food Demonstration Videos:

Overnight Oats: [Quick and Healthy Breakfast: Overnight Oats \(youtube.com\)](#)

Banana Berry Smoothie: [Banana Berry Smoothie \(youtube.com\)](#)

Egg Bites: [Quick and Healthy Breakfast: Egg Bites \(youtube.com\)](#)

Energy Balls: [Healthy Snacks on the Go: Energy Balls \(youtube.com\)](#)

Sheet Pan Fajitas: [Quick and Healthy Meal: Sheet Pan Fajitas \(youtube.com\)](#)

Power Bowls: [Quick and Healthy Meal: Power Bowls \(youtube.com\)](#)

High protein/high calorie recipes: [High-calorie and high-protein recipes \(alberta.ca\)](#)

Easy Recipes: [AHS Cooking Basics: Easy Recipes \(youtube.com\)](#)

## Talk to a Dietitian:

- Call 811
- Go to [Health Link | Alberta Health Services](#)
- Contact your physician or community health centre

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