

# NUTRITION FOR OLDER PERSONS

## Eat Easily

Use cooking tips to make chewing and swallowing be easier.

## Eat Right

Have enough six groups of food to keep a balanced diet every day.

## Eat Well

Use natural seasoning and share food with others.

## Eat Enough

Have frequent small meals and try to eat enough.



Community Nutrition  
Promotion Center



Department of Public Health,  
Taoyuan



Health Promotion Administration,  
Ministry of Health and Welfare

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