



Good food is good medicine!



Talk to your care team about the senior-friendly approach to nutrition.

Ask Us:

- ✓ Am I eating enough protein, calories, and fruits and vegetables?
- ✓ What is the reason for the changes in my weight?
- ✓ Why has my appetite changed?
- ✓ How can food improve my quality of life?
- ✓ Are there certain foods I should avoid because of my health or medications?

or anything else...

Your care is why we're all here!

sfCareTM
Senior Friendly Care



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