

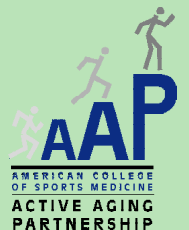
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ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Five Ways to Increase Eating Pleasure



Five Ways To Increase Eating Pleasure

1) Add Texture and Flavor to Foods

- Texture: e.g., grape nuts cereal on yogurt
- Flavor: e.g., garlic in spaghetti sauce

2) Stimulate your Sense of Taste

- eat hot and cold foods in the same meal
- rotate bits of food from the choices in your plate

3) Eat with a Friend

- arrange a regular date, e.g., every Wednesday evening
- have a “pot luck” meal where friends bring a dish

4) Careful Preparation

- buy and cook small quantities to avoid the same old leftovers
- cook meals ahead and reheat or defrost when needed
- keep easy-to-fix items available in case you don't feel like cooking (e.g., fruit, yogurt, peanut butter, hearty canned soups, low fat cheese)
- Occasionally use “Meals-on-Wheels” (if available) for a good, easy meal



5) Set the Table Attractively

- make mealtime more interesting, fun, and enjoyable
- eating adequate calories is critical so make it a focus of each day

