



## 為長者準備餐飲的實用技巧 Practical guidance for seniors meal preparation

1

考慮膳食需求  
Consider Dietary Needs

2

專注於營養豐富的食物  
Focus on Nutrient-Dense Foods

3

控制食量  
Portion Control

4

包含蛋白質  
Include Protein

5

提供多樣性  
Eat a Variety of Foods

6

預防脫水  
Prevent Dehydration

7

減少加工食品的攝入  
Minimize Processed Foods

8

注意食品安全  
Be Mindful of Food Safety

9

考慮食物口感  
Consider Texture

10

考慮便利性  
Consider Convenience



更多講座相關的社區資源已上載「安康」網站 (全面了解衰弱症活動頁面), 或[按此了解更多](#)。  
You can find more related community resources on the iCON website (Event: 2024 Chinese Health Forum) or by [clicking here](#).