

Eligibility: Individuals aged 60 years or older and are current ENOA clients are eligible. Clients will be referred by ENOA case managers, senior center managers, local home health agencies, local physicians, and service workers from the Health and Human Services System.

Counties served: Douglas, Sarpy, Dodge, Washington and Cass Counties

Fee: There is no charge for nutritional counseling at this time. Any contribution will be accepted to further support the program. A suggested contribution is established for the medical liquid supplement based on ability to pay.

For more information on Nutrition Services call...



ENOA

**Eastern Nebraska
Office on Aging**

4780 South 131st Street
Omaha, NE 68137

(402) 444-6513

enoa.org

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Nutrition *Services*



*A Division of the
Eastern Nebraska Office on Aging*
enoa.org

Nutrition Services



Description of Services:

Nutrition counseling will provide individualized teaching and diet counseling to ENOA clients in Douglas, Sarpy, Dodge, Washington and Cass Counties. Clients will be assessed by a dietitian who is a Licensed Medical Nutrition Therapist to identify nutritional risks or concerns.

A dietitian will visit the client at home to complete a nutritional assessment. Information obtained from the client may include a diet history, food intake and review of nutritional risk factors. Common nutritional concerns addressed include therapeutic diets, meal planning, basic nutrition, weight loss and weight gain.

A nutritional plan will be established between the dietitian and client to address areas of concern. Liquid medical supplements may be provided for clients, who after nutritional screening, have been identified at risk and in need of additional nutritional support. Follow-up and ongoing support will be scheduled based on client needs.

Nutrition Education programs will be provided for the Senior Centers in the 5 county area. Topics include: Cooking for One, Calcium in your Diet, Sodium, Food Quackery, Heart Disease, Diet and Cancer.



Choose **MyPlate**.gov

Choose MyPlate, replacing the Food Guide Pyramid, emphasizes foods from the 5 food groups using a familiar image.

Choose MyPlate encourages one to think about what goes on your plate before each meal. Some important tips to keep in mind:

- Make at least half your grains whole grains
- Focus on fruits
- Vary your veggies
- Go lean with protein
- Get your calcium-rich foods
- Find a healthy balance between food and physical activity
- Keep food safe!

MyPlate is a broad outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. MyPlate calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

