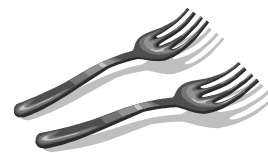


Eating Too Much



Sometimes people with memory problems do not realize they have eaten, or do not feel full after eating a large meal. This becomes a problem when people are eating too much, gaining too much weight, and continually asking for food.

To help people with this problem, try these simple tips:

Make a chart to check off when a meal is done. This can help people see when they last ate.

Remind the person with memory problems that they have eaten or put a note on the fridge indicating when the next meal will occur.

Eat meals slowly and talk about the food. This may help to remember the meal.

Eat 5-6 smaller meals a day, instead of 3 large ones. Try eating high fibre foods at meals, drinking a glass of water before a meal, and sipping water between meals to feel full.

Keep food out of sight or in locked cupboards.

Suggest another activity, such as a walk or phoning a friend.

Offer small healthy snacks, like pretzels, plain cold cereal, or fruit, if they want something to chew on.

Provide chewing gum, or sunflower seeds in the shell which may keep them satisfied and busy.

Overeating is usually a short term problem. Gaining a few extra pounds is not as much a concern as weight loss, because people with memory problems are at risk for losing weight as they get older and the disease progresses.