

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 make 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.
- **Keep food out of sight** or in locked cupboards.
- **Suggest another activity**, such as a walk or phoning a friend.
- **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.
- **Remind** the person with memory problems that they have eaten or put a note on the fridge indicating when the next meal will occur.
- **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.