If you answered YES to any statement on the assessment, check the corresponding number for some practical tips that can reduce this risk factor and improve your nutritional health.

1. Choose foods from all the food groups every day to make sure that you get all the nutrients you need to protect your immune system and your strength.

2. When you are at your Senior Center, ask if you can purchase an extra meal to take home. You should aim for 3 good meals a day.

3. Always make sure to select the fruits and vegetables offered at your meal site. Have canned, frozen or fresh fruits and vegetables on hand at home to include with every meal and snack. You need 3-5 servings of fruits and vegetables a day.

4. Add milk to your cereal, soups and hot drinks. Have some with each meal. You need 3-4 servings a day to protect your heart, blood pressure, bones and teeth.

5. Get in the habit of having a glass of milk, water, or herbal tea with each meal or snack. Keep a water bottle nearby all day. Drinking enough fluids helps your medications to work better and keeps your circulation and bowels in good working order.

6. Ask your Senior Center Director if there is a local group or number you can contact to get help. Too much alcohol keeps your body from getting the nutrition it needs. You can also call your Area Agency on Aging at 1-800-551-3191 for more information.

7. Choose soft foods to eat and ask your Senior Center if they can chop or puree foods until you get the help you need from your doctor or dentist.

8. Talk to the local Information and Assistance Technician, Center director or public health department to find out what programs are available in your community.

9. Ask someone at the Senior Center if they can meet for a meal during the week or weekend, when the Center is closed. Eating with others improves your appetite.

10. Many medications and herbs can interfere with your appetite and your ability to get all the nutrients you need from the food you eat. Always let both your pharmacist and doctor know about all the herbs, medications and vitamins you are taking.

11. Losing or gaining too much weight in a short period of time is dangerous to your health. Talk to your doctor immediately and find out what can be done to change this pattern.

12. Ask the Senior Center Director about local assistance programs in your area that may be able to help you. Also, ask if you can buy frozen meals for the weekends or when the Center is not open. For more help, contact an Information and Assistance Technician through your Area Agency on Aging at 1-800-551-3191.