

## Are you eating right as you age? Find out with this easy online tool!

By Hilary Dunn, MSc

As we age, our risk for developing diseases like diabetes and cancer can increase, so prevention becomes even more important. Eating well can help to lower our risk.

But how do we know if we're eating the right foods and getting enough of the right nutrients?

Professor Heather Keller is Schlegel Research Chair in Nutrition & Aging at the University of Waterloo. She has developed a tool called Nutri-eSCREEN to help older adults find out if their eating habits are supporting their health. The tool also tells you what you can do to improve and points you to resources.

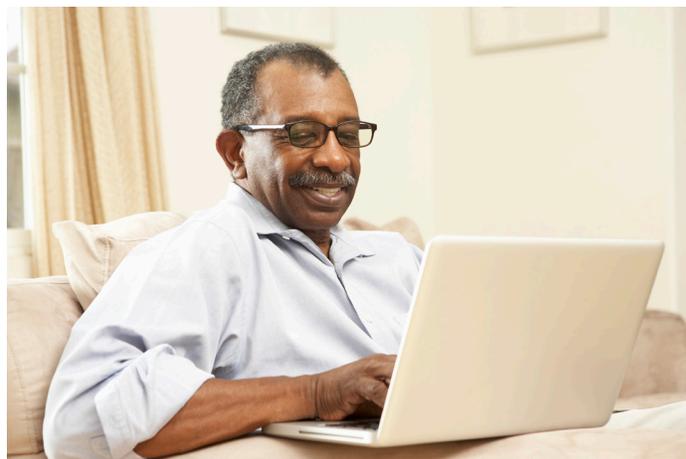
Nutri-eSCREEN is a survey developed specifically for adults 50 and over. It asks you 14 questions that assess your appetite, eating habits, and changes in weight.

“Nutri-eSCREEN is very easy to complete, and we know from research that it's a good predictor of who needs help with their eating habits. Food and nutrition are very important to healthy aging, and this tool helps point people in the right direction,” says Professor Keller.

### Now available free online

Thanks to a collaboration with Dietitians of Canada and EatRight Ontario, Nutri-eSCREEN is now available online. Anyone can use it free of charge. After you complete the questionnaire, you will receive individual results highlighting what you're doing well and what can be improved.

EatRight Ontario also provides links to good resources on topics like “healthy aging for your brain” and “planning wisely when cooking for one.” If you live in Ontario and you have questions about your results or need more information, you can call EatRight Ontario's toll free number (1-877-510-5102) and speak with a registered dietitian.



### A tool with tips you can trust

With all of the information flying around about food and health, it's hard to know what to believe. Nutri-eSCREEN is a research-based tool that can help you find out if you are at risk for poor nutrition. Plus, you get tips you can trust on how to improve.

Try Nutri-eSCREEN today:

[www.nutritionscreen.ca/escreen/](http://www.nutritionscreen.ca/escreen/)

Learn more:

For more information about Professor Keller's nutrition and healthy aging research, visit:

[Schlegel-UW Research Institute for Aging website](#)

[Agri-food for Healthy Aging](#)

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