

Companionship is the Best Diet

A healthy diet contributes significantly to overall physical, mental, and emotional health as we age. But many factors – including isolation and feelings of loneliness - can disrupt eating habits and lead to less nutritional choices. Research conducted by Home Instead, Inc. suggests enjoying meals with loved ones can improve overall nutrition and reduce feelings of isolation and depression.



Eating Alone Makes a Difference

Seniors who eat most of their meals alone are more than **TWICE AS LIKELY** to feel lonely.

Seniors who feel lonely eat **20% FEWER MEALS** over the course of a year than seniors who aren't lonely.

Lonely seniors skip **197 MEALS PER YEAR** or 18% of their total meals.



Craving Companionship

67% of lonely seniors wish they ate more meals with loved ones.



Loneliness Impacts Nutrition

Seniors who feel lonely consume **111 MORE SERVINGS** of fat per year than not-lonely seniors.

39% of lonely seniors don't consume the right amount of calories .

69% of lonely seniors do not receive the right amount of at least one important element of nutrition.



Eating Alone is a Growing Trend

42% of seniors believe their parents ate more sit-down meals with loved ones at their current age.

70% of lonely seniors feel they have fewer sit-down meals with family than they used to.

For more resources and information, go to HomeInstead.ca/CompanionshipDiet

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