

**VANDERBILT DIETETIC INTERNSHIP PROGRAM**  
**GERIATRIC ROTATION**  
**EDUCATIONAL TOOL TOPICS**

Directions: With guidance from your preceptor, please select a topic from the following list for your educational tool project. Remember... make it colorful and legible for the targeted population group - and using clip art is a good idea! Jen will let you know if your target audience is the "frail/elderly" or "healthy, active elderly" individuals. Remember to adjust your handout accordingly. Design your handout so it has a "WOW" effect. Put your name, title and a phone # at the bottom of the page - give yourself credit for your work. If using a PC, send the completed project as an email attachment to Jen Varner and print a color copy to turn in to Jen on Friday morning. If using a Mac, convert to a PDF document before sending as an email attachment to Linda and print a color copy to give to Jen by the due date.

- Snack Ideas for the Elderly
- Food Safety
- Fluid Requirements
- Fiber
- Calcium
- High Protein/Soft Texture Foods
- Low Fat Tips for Healthy Geriatric Patients
- Cooking Tips/Recipe Ideas/Hints for Preparing "Solo" Meals i.e. Meals for One.
- Oral Nutritional Supplements
- Vitamins -- Are They Necessary?
- Food Guide Pyramid -- How Many Servings Are Enough?
- Tips for Reducing Sodium in Your Diet
- Healthy Eating Tips for Diabetes
- Grocery Shopping On a Budget
- Simple Supper Tips (or Why There is More to Supper Than Cereal & Milk)
- Caffeine - How much of a Jolt is Too Much?
- Constipation