



# Nutrition for Older Adults: Medicines and Nutrition

## EXTENSION

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## Medicines and Nutrition

Many factors including use of some medicines can get in the way of good nutrition.

Older adults are more likely to take many medicines and take them for a long time.

Taking some medicines for a long time may affect nutrition.

- Some medicines can decrease appetite.
- Some medicines can increase water loss.
- Some medicines can cause depression which can decrease food intake.

Oklahoma Cooperative Extension Fact Sheets  
are also available on our website at:  
[facts.okstate.edu](http://facts.okstate.edu)

## Tips for Taking Medicines

- Eat a healthful diet following the USDA MyPlate Plan.
- Follow directions on how to take medicines, both prescription and over-the-counter.
- Tell your doctor about all medicines you take, including over-the-counter medicines and alcohol.
- Tell your doctor about any new symptoms that occur when taking a medicine.

### Sources

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