



Serving up stronger connections through food and data

How nutrition informatics can help strengthen connections to improve dining experiences and care outcomes

MatrixCare[®]

MealTracker



A fresh approach to connection through food

Meals bring people together, reinforce identity, and create opportunities for meaningful moments between residents, families, and care teams. But crafting a dining experience that meets individual preferences, cultural expectations, and clinical needs takes insight.

That's where nutrition informatics comes in. It involves collecting and analyzing data on dietary preference and intake to tailor care and improve dining satisfaction. This approach offers:

- More precise dietary guidance, helping improve health outcomes and enhancing the connection between individuals and the food they consume
- Support for physical wellbeing
- A deeper appreciation for how food impacts overall health and vitality to enrich lives

Let's explore how...

The emotional role of food

Meeting nutritional needs with confidence

While food nourishes emotionally, it also fuels physical health. Meeting these needs consistently is essential to supporting wellness.

Key nutrient needs (per day):

Calories - kcal	Protein	Calcium	Vitamin D	Sodium	Fiber
1,600 - 2,000	1.0 - 1.2 g per kg weight	1,000 - 1,200 mg	800 - 1,000 IU	1,500 mg	25 - 30 g

Food is tied to memory, culture, and celebration. Whether it's recreating a favorite holiday dish or simply sharing a table with others, dining offers comfort, joy, and belonging.

Nutrition informatics supports this by helping teams serve meals that reflect not just what's needed nutritionally, but what's meaningful personally. Resident preferences, cultural backgrounds, and dietary needs all come together to create a dining experience that feels like home.

How nutrition management technology offers support:

Resident profiles and preferences

Holiday menus

Nutrition analysis and reports

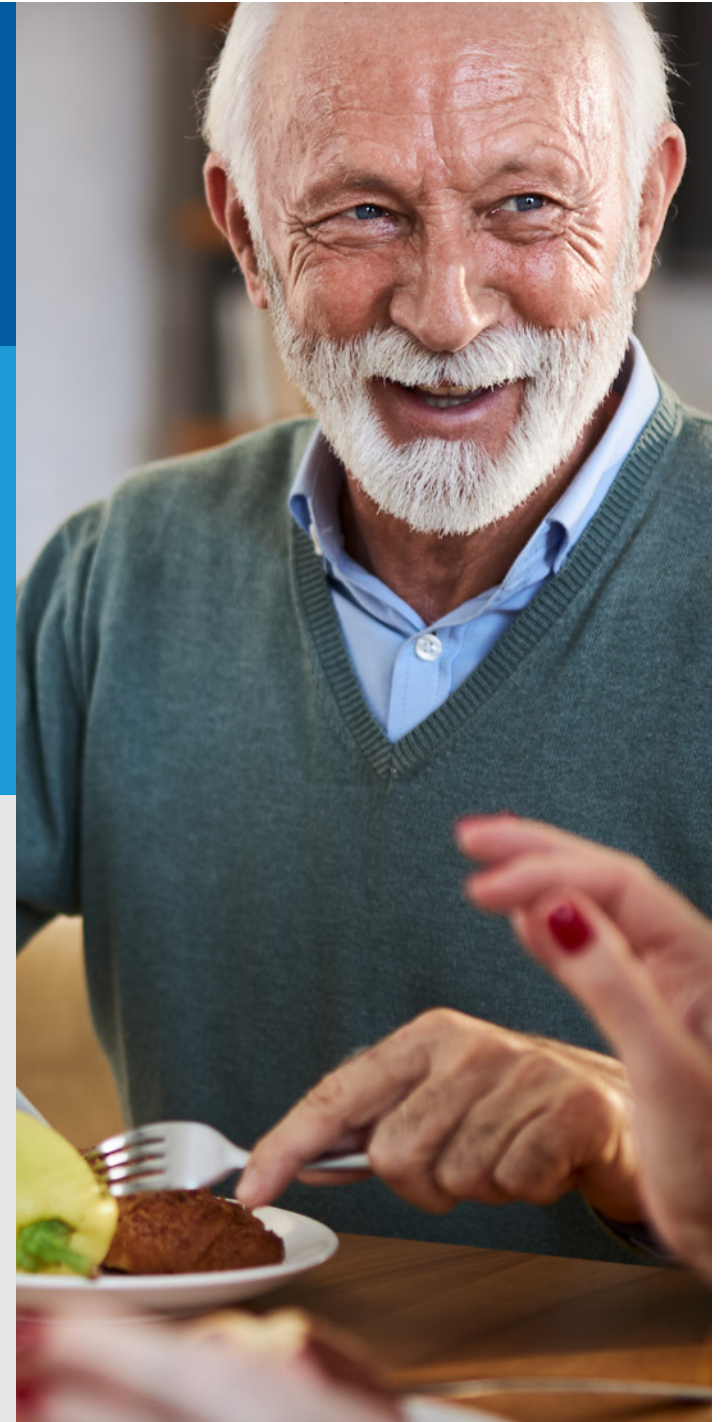
Fueling mind and body

Good nutrition supports energy, mood, and focus. A familiar smell or taste can spark a memory or provide comfort. Thoughtful, well-planned meals can help residents feel more energized, focused, and emotionally connected.

The impact on sleep and longevity

Nutrition plays a surprising role in sleep quality and healthy aging. In one study of 334 nursing home residents,

72% were classified
as poor sleepers.





Sleep helpers	How it helps	Foods to include
Fiber	Blood sugar balance to support sleep	Whole grains, broccoli, greens, fresh fruits, wild rice
Vitamin D	Regulates melatonin controlling sleep - wake cycle	Eggs, mushrooms, fortified cereals, tofu, plant milks
Magnesium	Regulates muscle and nerve function	Spinach, greens, beets
Omega 3 fatty acids	Supporting circadian rhythm	Fatty fish, edamame, flax seeds, walnuts
Antioxidants	Alleviate stress and inflammation that can disrupt sleep	Carrots, tomatoes, kiwi, oranges, berries, apples

How nutrition management technology offers support:

Menus and nutrition analysis

Resident profiles and preferences

Allergen management with groups

Order management

Customize combination diets
to meet additional needs

Resident safety with allergen
highlighting and color coding

Sources: Valenza MC, Cabrera-Martos I, Martin-Martin L, et al. Nursing homes: impact of sleep disturbances on functionality. Arch Gerontol Geriatr 2013;56:432-6. <https://doi.org/10.1016/j.archger.2012.11.011>; Leitão C, Mignano A, Estrela M, Fardilha M, Figueiras A, Roque F, Herdeiro MT. The Effect of Nutrition on Aging—A Systematic Review Focusing on Aging-Related Biomarkers. Nutrients. 2022; 14(3):554. <https://doi.org/10.3390/nu14030554>; AlAmmar, W.A., Albeesh, F.H. & Khattab, R.Y. Food and Mood: the Correspondive Effect. Curr Nutr Rep 9, 296–308 (2020). <https://doi.org/10.1007/s13668-020-00331-3>; AlAli M, Alqubaisy M, Aljaafari MN, AlAli AO, Baqais L, Molouki A, Abushelaibi A, Lai K-S, Lim S-HE. Nutraceuticals: Transformation of Conventional Foods into Health Promoters/Disease Preventers and Safety Considerations. Molecules. 2021; 26(9):2540. <https://doi.org/10.3390/molecules26092540>

Making meals a shared experience

Dining together creates moments of connection not just between residents, but with their families and the broader community. Whether it's a favorite family recipe, a cooking demo, or a festive holiday meal, food provides a way to gather, celebrate, and share traditions across generations.

Care teams can play a role in preserving these moments—by spotlighting family dishes, welcoming feedback, or hosting events that involve loved ones in the dining experience. These efforts create more than meals—they create memories.

Strategies for bringing people together include:

- Highlighting family recipes and cultural dishes
- Encouraging resident stories in menus
- Offering opportunities for shared meal prep or celebrations

How nutrition management technology offers support:

Culturally appropriate menus

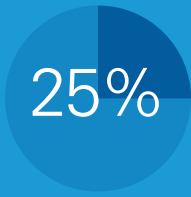


What the industry is saying

70% of respondents made investments in technology advancements

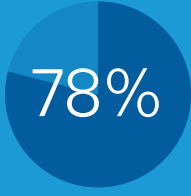
Facilities are leveraging technology to tackle challenges like staffing, food costs, customization, and menu management as well as to help improve resident dining satisfaction, which is impacted by preferences, choice communication, and food safety.

According to MatrixCare's 2024 MealTracker Dining Survey:



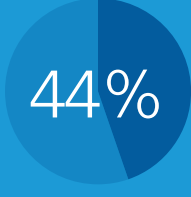
25%

25% of facilities reported decreased food budgets



78%

78% faced stagnant or shrinking budgets overall



44%

44% manage two or more dining venues on the same campus

Providers are feeling the strain of rising costs and limited resources. But they're also investing in new ways to work smarter.

How nutrition management technology offers support:

Meal rating feature

Intake records

Calorie/Nutrient counts and nutrition analysis

Emergency tray card and emergency EHR alerts

Spanish translation

Aligning food and care plans

In today's care environments, dining is also a part of the care plan. Nutritional data can help ensure residents are getting what they need, whether they're recovering from illness, managing chronic conditions, or adapting to physical limitations.

A resident with depression or swallowing difficulties, for example, may be at higher risk for malnutrition. But when that insight is shared across the team, interventions can be built into the plan.

With the right tools, dining can align more closely with clinical care, reimbursement strategies, and regulatory standards.



How nutrition management technology offers support:

PDPM report for utilization review

Reimbursement and survey support

Spanish translation with diversity and cultural side

Creating a culture around nutrition

Dining is one of the few activities that involves nearly every department. From the executive director to front-line caregivers, everyone has a role to play in making mealtimes safe, efficient, and meaningful.

That's why embedding nutrition into your culture is so powerful. It shifts dining from a back-of-house operation to a community-wide initiative that supports engagement, health, and satisfaction.

Flexibility and choice also go a long way. Residents value:

- Selective menus
- Flexible mealtimes
- À la carte options
- Culturally inspired meals



How nutrition management technology offers support:

Identifies malnutrition and obesity, weight loss and PO intake

Select menus

Nutrition is the great connector



Nutrition connects people to their memories, their culture, their community, and their care. When teams have the right insight and tools, they can create dining experiences that do more than nourish, they enrich.

Connecting with Nutrition Informatics

- **Safety:** Integrations for allergies, consistencies, therapeutic needs
- **Cost control:** Food preferences, shopping lists, menu ratings, production lists
- **Clinical:** Integrations for weight management and nutrient needs
- **Staffing:** Production and recipe details, select menus

Where MealTracker comes in

MealTracker is a nutrition management solution that supports these efforts with advanced tools designed for senior care teams. From dietary tracking to resident preferences, it helps teams simplify the complex work of delivering quality nutrition care without losing the human touch.

Experience smarter, more connected dining experiences.

Contact us at **866.469.3766** or visit **matrixcare.com/mealtracker** to explore what it could look like for your business.