More than 30% find preparing special diets hard to manage. Almost 70% of family caregivers prepare special diets at least daily. More than 50% do it multiple times per day.

Challenges:
Special diets pose particular challenges for caregivers:
- Adjustments to the household routine
- Implications for costs of food
- Extra effort
- Complex guidelines
- Regular attention

More than 1 in 5 feel it demands constant attention. Almost 1 in 5 have difficulty finding time to do this work. More than 1 in 10 fear making a mistake.

Difficulty:
More than 30% find preparing special diets hard to manage.

Special diets pose specific challenges for men. 12% of men report that preparing food for special diets is difficult compared with 1% of women.

Younger caregivers found it more difficult than older caregivers.

Assistance:
71% learn to prepare special diets their own.

More than 1 in 4 caregivers report that help would make it easier.

Training:
Fewer than 1 in 5 receive instruction from health care professionals.

Would receiving more instruction at home make this task easier to perform?
- 15% of men said yes
- 10% percent of women said yes

Almost 70% of family caregivers provide complex medical/nursing care. When family caregivers manage special diets, it often involves precise measurements, specific guidelines, constant monitoring, and special equipment for preparation or feeding.