



Ageing and Unplanned Weight Loss

Unplanned weight loss or malnutrition is more common in older people than any other age group. Regardless of age, unplanned weight loss can indicate a change health and wellbeing and should be checked out by your Doctor.

As we age we may lose weight for a number of reasons, which will include some of the following:

- our appetite decreases
- we lose muscle and bone mass
- we may struggle to chew foods and swallow food and fluids (dysphagia)
- because of illness, medication and disability
- the loss of our sight and hearing
- our loss of taste and smell
- stress, lack of sleep and fatigue
- we are lonely, depressed or bored
- we are on a tighter budget
- we have difficulty getting to the shops
- we have few cooking skills or motivation to eat and cook alone is low
- our alcohol intake
- we are inactive and don't feel as hungry



Regardless of our age if we are losing weight and it's unintentional see your Doctor to rule out any underlying health problem. Other things you can do to maintain or increase your weight are:

- Have three small tasty meals a day, with small snacks between.
- Add extra calories to meals by adding butter, margarine, syrups, grated cheese, cream etc
- Have tasty good looking meals and snacks – use garnishes and flavour enhancers such as salt, spices, stocks or sugar
- Moisten food with gravy and sauces and condiments if needed for swallowing
- Serve so the meal looks good on a smaller plate to prevent overwhelm
- Eat your main meal of the day when you are most hungry and awake ie midday or evening.
- Reduce distractions & conversation while eating
- Eat while comfortable and relaxed
- Chop or grate harder textured foods if swallowing is a problem
- Ensure dentures fit well
- Monitor by weighing monthly, no more
- Fortify your milk (see recipe below)

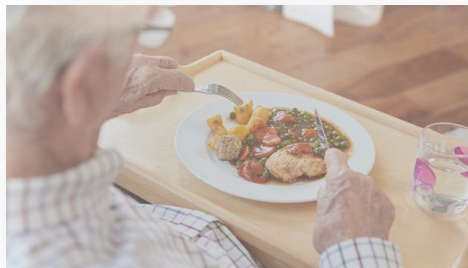
SuperMilk

Whisk 1 cup milk powder
with 2 litres blue milk



Use in drinks, cereals,
and desserts

If, after trying these suggestions, you continue to lose weight ask a Dietitian or your GP about oral nutritional supplements such as Fortisip and Ensure.
Remember, supplements **don't** replace a good balanced diet they **complement** it.



If you want some help with changing your diet our friendly Dietitian can help. Just contact us at Therapy Professionals.

Phone: 03 377 5280
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