



# Are you eating enough to stay well?

Getting thinner is not a normal part of getting older. To help ensure good health in later life, it is important to maintain a healthy, stable weight and to make sure you are eating enough to stay well.

If you've noticed that you have a smaller appetite or have lost weight, it may be time to act. This leaflet will help you spot the signs of weight loss and offer advice on what you can do.

## Signs of unhealthy weight loss

There are also other signs to look out for:

- Have you noticed that clothing feels looser or that you've had to tighten your belt buckle an extra notch?
- Is your ring slipping off your finger or your watch sliding up your arm?
- Do you feel that you have a smaller appetite than usual?
- Or that you're more tired or feel lethargic?
- Do your dentures feel loose?

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# What you can do

If you've lost your appetite or are losing weight, there are a number of small things you can do that may encourage you to eat more.

- If you have a small appetite, eating small meals and snacks six times a day are as good as three main meals.
- Build regular snacks into your day, for example around a favourite TV programme.
- As you're trying to put on weight, full fat foods like milk and yoghurt are the ones that you should be opting for.
- Try adding butter, cheese or double cream to meals and sauces. This is an easy way to add extra protein and calories without adding volume to food.
- Think about the types of food you enjoy and eat small portions of these foods.
- Aim for 6-8 drinks a day. Try full fat milk based drinks like milky coffee, and drink fruit juices.
- If your teeth or dentures are causing you pain or making it hard to eat, make an appointment with your dentist.

If you're worried about weight loss, it's important to speak to your GP. You can also visit [www.malnutritionselfscreening.org](http://www.malnutritionselfscreening.org) and complete a simple, five minute test that will help you find out more about your weight.

If you are diabetic or on another special diet, please check with your GP before making any changes to your diet.

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