



# Malnutrition myths

**MYTH**

**It is normal to lose weight as you get older**

**TRUE**

It is not normal to lose weight as we age, and unplanned weight loss may be a sign that somebody is malnourished or at risk of becoming malnourished.

**MYTH**

**Losing weight or losing your appetite in later life is not a serious issue**

**TRUE**

Significant, unplanned weight loss makes someone more likely to get ill or have a fall, and slows down recovery time from illness or surgery. Loss of weight or appetite can be a warning sign of malnutrition, and help should be sought.

**MYTH**

**Malnutrition does not exist in the UK anymore**

**TRUE**

There are around 3 million people in the UK who are malnourished or at risk of malnutrition, including one in ten people over the age of 65. It is sometimes quite difficult to recognise if you or a loved one is unintentionally losing weight, so it is important to know the warning signs.

If you are worried about someone, you may wish to have a conversation with them and encourage them to speak with their GP or healthcare professional. For more tips, visit [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk).



**Malnutrition Task Force**  
Eating and drinking well in later life