



10 Top Tips

For Eating Well In Later Life

1. Weigh yourself

Unexplained weight loss should be taken seriously. Try to weigh yourself regularly so you can see if you are losing weight.

2. Eat Small meals

If you have a small appetite, try eating small meals and snacks six times a day rather than three bigger meals.

3. Eat more protein

Eating anything is better than nothing. Eat more protein - having protein with every meal will help us keep well-nourished.

4. Fortify food

Fortify food by adding full-fat foods like milk, butter, cream and cheese to your meal - it's a great way to increase the calorie content but not the portion size.

5. Set reminders

Set yourself reminders to eat or enjoy a snack with your favourite TV programme.

6. Stay in touch

If you are not leaving the house as much, try "meeting up" with friends or family by arranging a video chat or telephone call over a coffee or a meal?

7. Drink more

Try to drink 6-8 cups of fluid every day (this is about 1.5 litres or 2.5 pints) All hot and cold drinks count.



8. Mouth care

If your teeth or dentures are a problem, call your dentist to discuss it with them.

9. Ask for help

If you have trouble shopping or cooking Age UK may be able to help, visit www.ageuk.org.uk or call 0800 678 1602.

10. Shop online

Supermarkets offer online shopping and home delivery services, which may make shopping easier for you.

