

Malnutrition Awareness



What is malnutrition?

Malnutrition happens when a person is not getting enough nutrients or energy from food and drink. It can lead to weight loss, reduced muscle strength, and slower recovery from illness

Losing weight without trying is not a normal part of ageing

Signs of malnutrition

Look out for:



Unplanned weight loss (looser clothes, dentures, or jewellery)



Lack of interest in food or drinks



Loss of appetite



Feeling tired



Difficulty standing up or using stairs



Changes in mood

Tips for eating well as you age

- Eat 3 small meals and 2-3 snacks daily
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Pick quick, easy and nutritious meals you enjoy
- Include protein in every meal (chicken, fish, eggs, beans, chickpeas, lentils, milk, cheese, yoghurt)
- Use full-fat dairy products (whole milk, full-fat yoghurts, cheese)
- Have milky drinks between meals or before bed (milkshakes, smoothies, hot chocolate)
- Aim for 6-8 drinks each day and try to include nourishing drinks (water, milky decaff tea or coffee, squash, creamy soups)
- If chewing or swallowing is difficult, choose softer foods (scrambled eggs, cheesy mash, stewed fruit)

Worried about yourself or someone else?



Speak to your GP

If you are losing weight without trying or have a poor appetite



Speak to a dentist or call 111

If you have problems with your teeth or dentures



Need help with food?

Support is available in Nottingham

Scan the QR code to find local support or call 0115 915 5555



Nottingham City Council