

## Nutrition Checklist

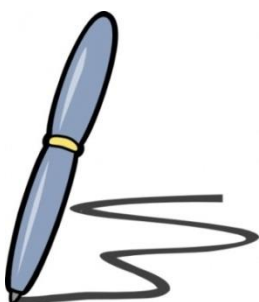


Maintaining a healthy body weight and not becoming too thin is important, especially in older age.



If you are underweight, there are easy steps you can take to help you gain weight healthily or get the energy and nutrients you need.

This checklist gives a guide for signs that you may need help and if you find you do, it provides you with all the information and guidance you need to move forward.



Fill in the checklist

This will let you know if you need help with your weight.



**Monitor your weight.**

Check your weight once a week and write it down.

Tell someone if you are worried about your weight.

## Signs that you may need help or advice to gain weight or eat differently

1. Are you or your family concerned that you may be underweight or need nutritional advice?



Yes  No  Don't know

2. Have you lost a lot of weight unintentionally in the past three – six months?



Yes  Do you know why?

\_\_\_\_\_

No  Don't know

3. Have you noticed that your clothes or rings have become loose recently?



Yes  No  Don't know

4. Have you recently found that you have lost your appetite and/or interest in eating?



Yes  No  Don't know

**If you answered 'Yes' or 'Don't know' to one or more questions, please tick any of the following that apply to you:**

I do not think I am eating enough of the right foods

I am unsure what foods I should be eating

I have a poorer appetite than before

I don't really enjoy eating

I often feel weak, tired and fatigued

**AND** ask the person who gave you this leaflet (if you are still under their care) or your GP for advice.

In the meantime, here are some tips to gain weight safely

		
<p>Eat small meals and snacks often</p>	<p>Have milky drinks between meals</p>	<p>Have high calorie/high protein foods</p>
 <p>Other brands are available</p>		
<p>Add 4 tablespoons of milk powder to a pint of whole milk to use in food or drinks Add oil, cheese, ground nuts butter and cream to food</p>	<p>Pick quick and easy nutritious meals, such as sardines on toast</p>	<p>*Use Complan and Meritene drinks. These can be found in pharmacies and are gluten free.</p>

\*If you have Diabetes please consult your doctor or pharmacist so they can determine if the product is suitable for you.