

Losing weight in older age is not a normal part of ageing

If you, a friend or relative is losing weight without trying and/or has a significantly reduced appetite - this is not a normal part of ageing. If this change is only for a few days and is related to temporary illness - try to ensure you eat little and often and stay well hydrated. If it does not improve, consider speaking to a health care professional to get to find out the cause of weight loss and / or reduced appetite.

Malnutrition

We know that older people can be at higher risk of developing malnutrition and this can be due to a number of factors. Up to one in seven people aged 65 years and over is at risk of malnutrition. People who live in a residential or nursing home are at higher risk than people who live in their own homes.

Malnutrition increases the risk of disease, delays recovery from illness and affects body function, wellbeing and quality of life.

If you are losing weight without trying to or if you have a reduced appetite then these tips can help you to maintain your weight:

- Eat three small meals and three small snacks every day
- Make food look attractive
- Try to include some starchy carbohydrate (for example bread, crumpets, cereals, pasta, rice, potatoes) at breakfast, lunch and dinner
- Try to include some protein (for example meat, fish, legumes such as beans, eggs, soya, cheese, milk or nuts) at breakfast, lunch and dinner
- Try the ideas for fortifying your food overleaf to increase the nutrition without increasing the size of the meal
- Try to include less filling fruits and vegetables for example stewed or tinned fruit, or vegetables added to creamy soups. Try extra fruit juice with meals - the vitamin C in fruit, vegetables and orange juice can help you to absorb iron from vegetables
- Try to drink a pint of full fat milk per day - Try fortified milk (see overleaf) or the milkshake recipe overleaf. The milkshake recipe is just as nutritious as supplements which you can buy (e.g. Complan, Meritene, Aymes Retail) and costs less than these.



Foods to fortify	How to fortify <i>Use 1 or more of the suggested fortifier amounts per portion, based on the your preferences</i>	Calories added per portion	Protein added per portion
Milk for use in: <ul style="list-style-type: none"> all cups of tea/coffee cereal hot chocolate to drink 	Add 4 tablespoons dried, skimmed milk powder to each pint of full fat milk	55 per 150ml	5.5g per 150ml
Porridge	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 teaspoon butter or margarine per portion	37	0
Soup	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 tablespoon double cream per portion	100	0
Mashed potato	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 teaspoon butter or margarine per portion	37	0
Cooked vegetables	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 tablespoon white sauce per portion and/or	45	1g
	Add 1 teaspoon butter or margarine per portion	37	0
Rice pudding or semolina	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon of evaporated milk per portion and/or	25	1g
	Add 1 heaped teaspoon of jam or honey per portion	50	0
Custard	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 dessert spoon condensed milk per portion and/or	55	1.5g
	Add 1 tablespoon double cream per portion	100	0

Homemade fortified milkshake/Ovaltine recipe

Ingredients

- 180ml full fat milk
- 30g skimmed milk powder
- 20g (4 heaped teaspoons) vitamin fortified milkshake powder (Nesquik or Tesco Milkshake Mix) **OR** 25g (5 heaped teaspoons) 'Ovaltine Original Add Milk' powder

Directions

Mix milk powder and milkshake powder together in a glass. Gradually mix in milk and stir well.

Serve 2 portions per day

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5th Floor, Charles House, 148/9 Great Charles Street Queensway, Birmingham B3 3HT
Tel: 0121 200 8080 email: info@bda.uk.com

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