

GMCA GREATER
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NHS

in Greater Manchester

Nutrition and Hydration ★ Greater Manchester
GMNH



**Are you eating
enough?**

A few tips for better living

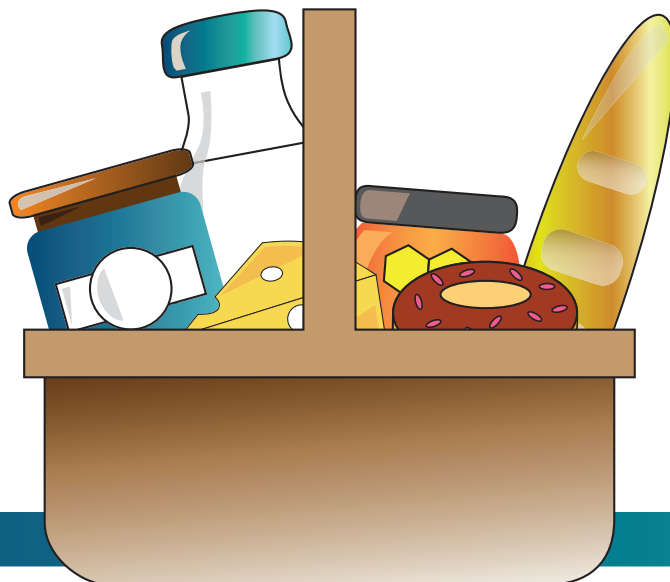
A few small changes can make a big difference in making sure you get what your body needs.

You may have a poor appetite and you may have lost weight. This leaflet will help you make small changes to what you normally eat and drink to make it as nutritious as possible.

If you normally follow a special diet, for example if you have raised cholesterol or diabetes, please discuss this with your dietitian or GP.

Losing weight, having a reduced appetite or being dehydrated are not part of ageing and should not be dismissed simply as 'old age'. Ignoring signs and symptoms can make you ill.

If you are still losing weight after 12 weeks of trying some of these suggestions or if you have sudden weight loss please contact your GP.



Eating little and often is fine

- Have small regular meals and snacks in between - 6 small meals are as good as 3 big meals
- Finger foods can help you to eat well
- Try to eat every 2-3 hours even if it's only something small
- Remember you can go back for seconds
- Have puddings or desserts at least once a day – if you are too full after a meal wait 30 minutes before having a dessert
- Try to eat more on the days or the times during the day when you feel more like eating, e.g. if you are most hungry in the morning, try having a bigger breakfast

Help your appetite

- A breath of fresh air before meals can help stimulate appetite
- Alcohol in small amounts can help stimulate appetite (check with your doctor or chemist if taking any medication)
- If you smoke, don't smoke for at least half an hour before your meal
- Drink after meals rather than before to avoid feeling too full or bloated

Eating together is fun

- Make plans to eat with a friend or family whenever possible or join a lunch club with a local voluntary organisation
- Reach out to organisations who can help if you are feeling lonely or have experienced a bereavement

To find information about the above contact your local Age UK

Get more from your diet

Try adding grated cheese, butter, mayonnaise, salad cream, double cream, honey, sugar, milk to your meals and snacks

When you have these things



Add some of these

Savoury

- Soup (use 'cream of' or 'condensed')
- Vegetables
- Mashed potatoes
- Scrambled eggs
- Sauces
- Bread, scones, potato cakes, scotch pancakes, pitta bread or chapatti



Savoury

- Handful of grated cheese
- Extra butter or margarine
- Mayonnaise
- Salad cream
- Double cream

Sweet

- Hot drinks
- Porridge or other cereal
- Stewed and tinned fruit
- Cake
- Milky puddings
- Pies



Sweet

- Honey
- Sugar
- Ice cream
- Custard
- Double cream
- Evaporated milk

Focus on adding cheese, milk, healthy toast toppings (such as peanut butter, avocado, sardines) and unsalted nuts to add more calories from healthier foods.

Fortified milk recipe

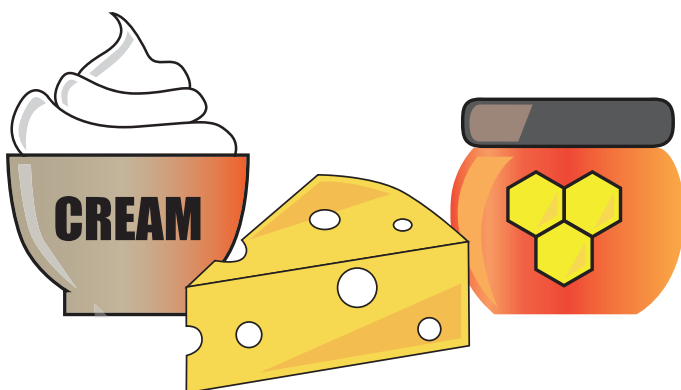
You can double the protein content and increase calcium intake of milk by following the recipe below. This fortified milk can be used in place of ordinary milk. Aim for 1 pint a day.

Ingredients:

- 4 tablespoons skimmed milk powder
- 1 pint full cream milk

Instructions:

1. Mix the skimmed milk powder with the full cream milk.
2. Stir well.
3. Use this in hot drinks (tea, coffee, malted milk drinks, hot chocolate), in cereal, as a cold drink, in sauces and in custard.



Snack and finger food ideas

It is a good idea to include snacks in between your meals, especially if you are only managing small meals or your appetite is poor. Look for higher energy options. Some of these can also be used for finger foods for people who are struggling with tiredness.

Sweet

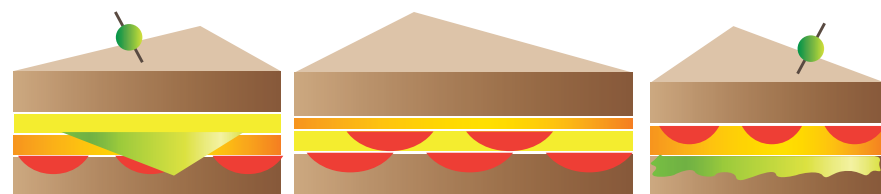
Cake
Cereal bars
Chocolate biscuit bars or cake bars
Chocolate éclairs
Chorley cakes
Custard pot
Doughnuts
Dried fruit/nuts
Eccles cakes
Egg custard tarts
Flapjacks
Fruit smoothies
Individual trifle
Jam/Bakewell tarts
Mousse
Rice pudding

Scones with cream and jam
Toasted tea cakes with butter
Yoghurts

Savoury

Cheese
Cheese on toast
Crackers with butter and cheese
Crisps
Crumpets with butter
Fingers of toast with pate

Garlic bread and cheese
Malt loaf with butter
Mini crackers
Pancakes with butter and jam
Pork pies
Sausage rolls
Sandwiches



Too tired to cook?

- **Buy full-fat ready meals and snacks** to heat in the microwave
- **Get meals delivered to your home** – Wiltshire Farm Foods, Meals- on- wheels, Oak House Foods and voluntary organisations can provide these.
- **Get shopping delivered to your home** – most supermarkets do home delivery.
- You may find it useful to **find out about local food banks/food voucher schemes.**
- **Keep your store cupboard and freezer stocked up** with the items below so you can make quick and easy meals and snacks:

Store cupboard ideas

Long life milk (whole milk)
Skimmed milk powder
Breakfast cereal/porridge
Jam, marmalade, peanut butter and honey
Baked beans, macaroni cheese and spaghetti
Tinned stews, meat and fish
Tinned vegetables and fruit - add butter or cream to these
Malted milk drinks and drinking chocolate -make with fortified milk
Tinned custard, sponge and custard, rice pudding

Freezer ideas

Instant/ready meals, e.g. cottage pie, fish pie, roast dinner
Fish fingers, sausages and burgers
Frozen vegetables, frozen fruit e.g. mixed berries
Boil in the bag meals, e.g. fish in sauce
Full-fat dairy ice cream
Frozen desserts, e.g. jam roly poly, crumbles, gateaux, sponge and chocolate puddings

Look after your mouth

If your mouth or teeth are sore or your dentures don't fit properly eating and drinking can become difficult

- Brush natural teeth twice a day with a fluoride toothpaste, speak to your dentist if you are finding this difficult
- If you feel you have a dry mouth your doctor, dentist or pharmacist can give you saliva replacements
- Avoid sugary food or drink after brushing your teeth
- Visit your dentist at least once every year and ask about fluoride varnish and high fluoride toothpaste
- If you have an ulcer or lump in your mouth for more than 3 weeks see your dentist straight away

Cleaning your dentures

- Clean your denture with liquid soap and a nail brush and rinse well with water
- Soak in clean water overnight or use a denture soaking solution



Eating well and staying hydrated

Eating well means enjoying your food and having plenty of variety in your diet so you will get all the nutrients you need and maintain a healthy weight. The Eatwell Guide shows how much of what you eat overall should come from each food group (download from www.gov.uk)

Stay hydrated throughout the day

Drinking enough improves skin, concentration, balance, memory, energy and mood.

- Keep a water bottle with you
- Sip water continuously throughout the day
- It doesn't have to be water; other drinks also count!
- Aim for 6-8 drinks per day (200ml each – a normal cup or glass size)
- Try to have milky drinks made with fortified milk
- Have ice lollies, soups and milky drinks for variety and extra energy
- If you are struggling to drink have ice lollies, jellies, creamy sauces, custard and extra milk in cereal



Weekly Meal Planner

	Breakfast	Mid-morning snack	Lunch
Monday	Porridge with fortified milk and honey	Eccles cake	Bowl of soup with cream, buttered bread. Full fat yoghurt
Tuesday	Scrambled egg on toast	Scone with butter & jam	Ham & cheese or cheese & onion toastie. Chocolate mousse
Wednesday	Cereal with milk (fortified)	Chocolate eclair	Quiche, coleslaw & potato salad. Trifle
Thursday	Crumpets with butter & jam	Mixed berries & yoghurt	Cheese on toast. Individual frozen apple strudel
Friday	Boiled egg and toast	Flapjack	Ploughman's Lunch. Custard tart
Saturday	Bowl of porridge with fortified milk and honey	Banana	Ham & cheese or cheese & vegetable omelette. Bakewell tart
Sunday	Blueberry pancake & syrup/honey	Chocolate or custard biscuits with milky coffee	Sunday Roast. Fruit pie

– 6 small meals

Mid-afternoon snack	Evening meal	Supper
Slice of cake	Jacket potato, beans & cheese. Fruit salad with cream/custard	Cheese and crackers
Malt loaf & butter	Corned beef hash or lentil cottage pie. Apple crumble & custard	Hot malted milk drink & chocolate bar
Carrot sticks & hummus	Chicken or vegetable casserole. Rice pudding with jam	Bowl of cereal
Pork pie or sausage roll	Chicken or vegetable korma & rice. Jam roly poly & custard	Hot malted milk drink & toast
Strawberry milkshake	Fish, chips & mushy peas. Cake & custard	Fruit loaf & butter
Samosa	Bacon & broccoli pasta bake. Bread & butter pudding & custard	Handful of nuts
Individual cake e.g. lemon cake	Mini buffet: cocktail sausage, onion bhaji, pork pie, scotch egg. Sticky toffee pudding & custard	Milky hot chocolate with cream and marshmallows

Love later life



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For more details visit:

www.ageuksalford.org.uk

www.malnutritionselfscreening.org/

