

# EATING AND DRINKING WELL IN LATER LIFE

- ★ Losing weight should not be dismissed as a natural part of ageing
- ★ 6 small meals are as good as 3 big meals
- ★ For more useful tips check out our Are You Eating Enough? booklet, pick up yours from your local Age UK or by scanning the QR code below
- ★ Please follow: @GMNandH

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



**PaperWeight**  
helping fight malnutrition

For more details visit:  
[www.ageuksalford.org.uk](http://www.ageuksalford.org.uk)

**GMCA** GREATER MANCHESTER COMBINED AUTHORITY

**NHS**  
in Greater Manchester

