

GETTING THIN AS YOU GET OLDER  
IS NOT ALWAYS GOOD FOR YOU

# BRING IT BACK

Eating and drinking enough  
is important to maintain your health

**BRING  
BACK**

BREAKFAST



**BRING  
BACK**

SNACKS



**BRING  
BACK**

HOT MILKY DRINKS



**BRING  
BACK**

PUDDINGS



# IF YOU ARE LOSING WEIGHT YOU CAN DO SOMETHING ABOUT IT

And you should tell someone about it

If you can maintain your weight you are more likely to be physically active and less likely to go to hospital or see your GP.

## BRING BACK BREAKFAST



## BRING BACK SNACKS



LOST YOUR APPETITE?  
FEELING A LITTLE WEAKER?

# BRING IT BACK

Bringing back foods to help those who don't feel like eating.

## BRING BACK HOT MILKY DRINKS



## BRING BACK PUDDINGS



# PEOPLE CAN LOSE WEIGHT FOR LOTS OF REASONS

LIKE...

LOSING A LOVED ONE OR SOMEONE CLOSE TO YOU

FEELING LONELY OR ISOLATED

BEING ILL OR IN HOSPITAL

FINDING IT HARD TO MAKE ENDS MEET

FINDING IT DIFFICULT TO GO SHOPPING OR COOK MEALS

FORGETTING TO EAT OR SHOP FOR FOOD

# HOW MUCH DO YOU WEIGH?

WEIGH YOURSELF REGULARLY, AT LEAST EVERY 3 MONTHS (or more often if you are concerned).

WRITE DOWN YOUR WEIGHT AND TELL YOUR FRIENDS, RELATIVES AND CARERS.

DATE

WEIGHT

DATE

WEIGHT

DATE

WEIGHT

# THINK ABOUT WHAT YOU EAT

IF YOU ARE LOSING WEIGHT,  
MAKE SMALL CHANGES TO YOUR  
DIET BY TRYING THESE IDEAS FIRST.

## BRING BACK BREAKFAST

whether it's porridge, cereal, cheesy scrambled eggs, try to eat something every morning.

## BRING BACK SNACKS

like cheese and crackers or toasted teacake with butter.

## BRING BACK WHOLE MILK PRODUCTS

milk, cheese and yogurt. Low-fat and diet options are not for you at this time.

## BRING BACK THE HOT MILKY DRINK

at bedtime, and if you can have a snack with this, even better.

# HOW TO TELL IF YOU ARE LOSING WEIGHT

Ask yourself the following questions:

ARE MY DENTURES LOOSE  
AND DOES THIS MAKE IT  
HARDER TO EAT AND TALK?

IS MY RING SLIPPING OFF  
MY FINGER?

DOES MY CLOTHING OR BELT  
FEEL LOOSER?

IS MY WRISTWATCH SLIDING UP  
MY ARM?

IS MY BRACELET FALLING OFF MY  
HAND?

# THINK ABOUT WHEN YOU EAT

Use this chart to record how often you eat and drink throughout the day. Then answer the questions and discuss this with family, friends or carers.

06:00		06:00
07:00		07:00
08:00		08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
14:00		14:00
15:00		15:00
16:00		16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00

WHEN WAS THE LAST TIME I ATE?

WHEN WAS THE LAST TIME I HAD A DRINK?

DO I LEAVE LONG GAPS BETWEEN MEALS?

06:00	<b>TRY BREAKFAST</b>	06:00
07:00	Porridge, cereal or scrambled eggs	07:00
08:00		08:00
09:00	<b>TRY A SNACK</b>	09:00
10:00	Toasted teacake & butter	10:00
11:00		11:00
12:00	<b>TRY A SMALL MEAL</b>	12:00
13:00		13:00
14:00		14:00
15:00	<b>TRY A SNACK</b>	15:00
16:00	Cheese and biscuits or yogurt	16:00
17:00		17:00
18:00	<b>TRY A SMALL MEAL</b>	18:00
19:00		19:00
20:00		20:00
21:00	<b>TRY A HOT MILKY DRINK</b>	21:00
22:00	Hot chocolate or warm milk and honey	22:00
23:00		23:00

# BRING BACK SOCIAL EATING

## THINK ABOUT WHO YOU EAT WITH

Try a lunch club or eating regularly with relatives or friends – appetite loves good company!



Contact the Elderly on 0800 716 543  
for tea, cake and company

# ASK FOR HELP IF YOU NEED IT

## FAMILY AND FRIENDS

Discuss your concerns with family and friends. They may be able to provide practical help or advice. They will probably be delighted to help you.

## THERE ARE MANY PEOPLE WHO CAN HELP YOU.

### FEELING LONELY

Phone Age UK 0800 678 1174 for details of your local branch or Contact the Elderly 0800 716 543.

### DIFFICULTY SHOPPING OR PREPARING FOOD

Phone Royal Voluntary Service 0845 608 0122 for practical help or contact local adult social care.

### APPETITE AFFECTED BY MEDICATION OR DIFFICULTY SWALLOWING

Talk to your pharmacist or GP.

DIFFICULTIES PREPARING  
COOKING OR EATING FOOD  
Disabled Living Foundation 0300  
999 004.

### FEELING LOW OR DEPRESSED

Phone MIND 0300 123 3393.

### TROUBLE WITH YOUR MOUTH, TEETH OR YOUR DENTURES

Speak to your Dentist or call the British Dental Health Foundation 01788 539 780. Talk to your GP or pharmacist if you have a sore mouth.

### DIFFICULTY MAKING ENDS MEET

Phone Age UK 0800 678 1174 for benefit advice.

### BEREAVEMENT

Phone Age UK 0800 678 1174 or Cruse Bereavement Care 0808 808 1677.

# TRY THESE DELICIOUS RECIPES

It is important to eat and drink regularly.

At this time, it is not always necessary to eat low-fat or low-sugar foods. If you are on a diet for Diabetes or High Cholesterol and you are concerned discuss this with your GP.

## FRUITY PORRIDGE

### INGREDIENTS

- 4 tbsp porridge oats
- 250ml whole milk
- 2 tsp sugar
- 1 handful dried fruit or a sliced banana or stewed fruit (e.g. apple or pear)
- 1 tsp honey

### INSTRUCTIONS

- Mix the porridge oats and milk in a saucepan for a few minutes
- Stir in sugar and honey
- Take the pan off the heat and stir in the fruit
- Place in a bowl and top with extra honey

### TO MAKE PORRIDGE IN THE MICROWAVE

Place all ingredients in a large microwaveable bowl. Microwave for 2-3 minutes on high, stirring half way through. Leave to stand for 2 minutes before eating.

## DREAMY MILK DRINK

### INGREDIENTS

- 1 cup whole milk
- 1 teaspoon honey or sugar
- 2 drops vanilla extract
- Pinch ground cinnamon

### INSTRUCTIONS

- Stir together cinnamon and sugar, then stir into milk
- Stir in the vanilla
- Place mug in microwave for 1 ½ minutes (microwave devices vary so check your manufacturers instructions)
- Stir before drinking

## CHEESE ON TOAST

### INGREDIENTS

- 2 thick slices crusty bread
- 1 teaspoon English mustard
- 50g mature British cheddar cheese (sliced or grated)
- Dash Worcestershire sauce
- Pepper

### INSTRUCTIONS

- Preheat grill to hot
- Toast bread on both sides
- Spread mustard on each slice
- Top with cheese (cover to the edges)
- Add a dash of Worcestershire sauce (to taste)
- Pop under the grill until golden and bubbling (2 – 3 minutes)

### MILK JELLY

Dissolve jelly in hot water  
Cool and add milk  
Leave to set in fridge

### TINNED FRUIT

Try tinned fruit with custard

## TASTY IDEAS

### ADDING CHEESE

Grate cheese into mashed potatoes or soup

### REMEMBER

FOR NOW AVOID LOW-FAT,  
DIET OR LIGHT FOODS -  
USE WHOLE MILK AND  
YOGURT INSTEAD

### CALCIUM

Needed  
for maintenance  
of bones and teeth.



### PROTEIN

Contributes to the  
growth and maintenance  
of muscles and helps  
maintain bones.



### VITAMIN B12

Helps to make red  
blood cells which  
carry oxygen around  
the body. It is also  
important for the  
immune system and  
nerve function.



### IODINE

Makes up part of the  
thyroid hormones,  
which help to release  
energy from food.  
These hormones also  
contribute to brain and  
nerve function.





# GETTING THIN AND FEELING WEAKER DOESN'T HAVE TO BE A NORMAL PART OF AGEING

For more recipes and advice visit [www.milk.co.uk](http://www.milk.co.uk)

For more information visit:

NHS Choices

[www.nhs.uk/Livewell/over60s/Pages/Underweightover60.aspx](http://www.nhs.uk/Livewell/over60s/Pages/Underweightover60.aspx)

BDA fact sheet on malnutrition

[www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf](http://www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf)

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