Dairy

## 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





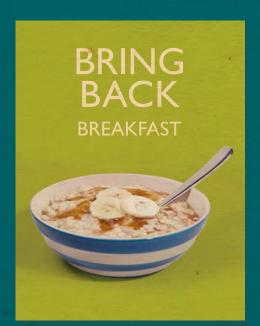




### IF YOU ARE LOSING WEIGHT YOU CAN DO SOMETHING **ABOUT IT**

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.





LOST YOUR APPETITE? FEELING A LITTLE WEAKER?

# BRING IT BACK

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





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
1 <del>4</del> :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	TRY BREAKFAST Porridge, cereal or scrambled eggs	06:00
07:00		07:00
08:00		08:00
09:00	TRY A SNACK	09:00
10:00	Toasted teacake & butter	10:00
11:00		11:00
12:00	TRY A SMALL MEAL	12:00
13:00		13:00
14:00		14:00
15:00	TRY A SNACK Cheese and biscuits or yogurt	15:00
16:00		16:00
17:00		17:00
18:00	TRY A SMALL MEAL	18:00
19:00		19:00
20:00		20:00
21:00	TRY A LIGT MILKY DRINK	21:00
22:00	TRY A HOT MILKY DRINK	22:00
23:00	Hot chocolate or warm milk and honey	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 6781174 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

I handful dried fruit or a sliced banana or stewed fruit (e.g. apple or pear)

I 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**

I cup whole milk

I 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

I 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 m

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.

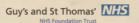














#### GETTING THIN AND FEELING WEAKER DOESN'T HAVE TO BE A NORMAL PART OF AGEING

For more recipes and advice visit www.milk.co.uk

For more information visit:

**NHS** Choices

www.nhs.uk/Livewell/over60s/Pages/Underweightover60.aspx BDA fact sheet on malnutrition www.bda.uk.com/foodfacts/MalnutritionFactSheet.pdf

Thanks to our older contributors at Blackfriars Settlement, Age UK in Accrington and Tamworth, and The Older People's Assessment Unit at Guy's and St Thomas's NHS Trust – for their active involvement.

Our gratitude also goes to Camberwell College of Arts students for their initial designs that inspired the look of the campaign.



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