

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	TRY BREAKFAST	06:00
07:00	Porridge, cereal or scrambled eggs	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	15:00
16:00	Cheese and biscuits or yogurt	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 HOT MILKY DRINK	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

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

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MIX
From responsible
sources

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