

Watch out for weight loss



Have you seen any of these signs?

- Face, arms and legs look thinner
 - Clothes getting looser
 - Rings/watch strap loose
 - Dentures loose
 - Lost interest in food
 - More leftovers at mealtimes or food waste in the bin
 - Difficulty using cutlery and holding a cup or glass
 - Memory problems.
- **Unplanned weight loss can cause poor health**
- Try our tips to get the most out of your food
 - If you are concerned speak to your GP
 - If you are already on a special diet or have swallowing problems please discuss with your GP or Dietitian.



Simple Steps

- Eat little and often - have snacks between meals
- Avoid diet or low fat products
- Use 1 pint whole/full fat milk each day - try adding 4 heaped tablespoons of dried milk powder to make fortified milk to use in drinks, cereal and puddings
- Add butter or grated cheese to potatoes, vegetables, baked beans, tinned spaghetti
- Spread butter, margarine or cream cheese thickly on biscuits and crackers
- Butter hot toast then add another layer of butter
- Have cheese with biscuits, malt breads or toast as snacks
- Choose milk based desserts eg. custard, rice, creamy yoghurt.