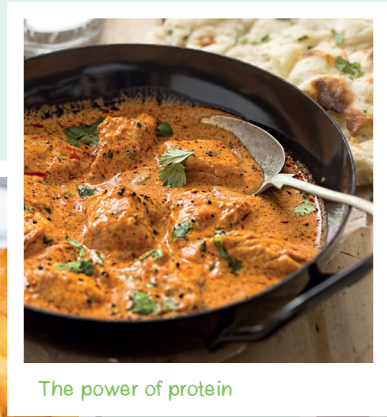
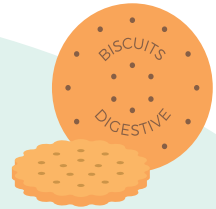


# Eat, Drink, Live Well



The power of protein

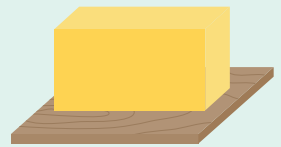
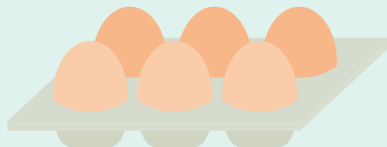


Eat what you enjoy



Tasty snacks between your meals

## Top tips to improve your appetite



Do you have a poor appetite?

Have you lost weight without meaning to?

Are you feeling tired and low in energy?

If so, follow the simple steps in this booklet for 12 weeks to help rebuild your strength and appetite.

Losing weight, having a reduced appetite (under nutrition) or being dehydrated are not part of ageing and should not be dismissed simply as 'old age' as they can make you ill.

If after 12 weeks of trying some of the suggestions in this booklet you are still concerned or losing weight or if you have sudden weight loss please contact your GP.

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Ask your dentist to prescribe high fluoride toothpaste to help keep your teeth strong if you are increasing your sugar intake.



### Please note

If you have a medical condition that requires a special diet for example **diabetes, coeliac disease, kidney or liver disease, inflammatory bowel disease**, ask for more tailored individual advice from your GP and to be referred to a Dietitian.



### Boost your appetite!

A small amount of fresh air before meals can help stimulate an appetite.

Drink after meals rather than before to avoid feeling too full or bloated.

If you smoke try to give up or avoid smoking for 30 minutes before your meal. This will improve your taste buds and appetite.

# Eat little and often

If you find it hard to eat a big meal that's ok, just eat little and often. 6 small meals are as good as 3 big meals!



## Top tip

See page 18 for ideas for a weekly meal planner with 6 small meals per day!

It is important to have small regular meals and snacks in between.

Remember you can go back for seconds.

Finger foods can help you to eat well.



Try to eat every 2–3 hours even if it is only something small.



Have puddings or desserts at least once a day – if you are full after a meal wait 30 minutes before having pudding.

Try to eat more on the days or the times during the day when you feel more like eating, e.g. if you are most hungry in the morning, try having a bigger breakfast.

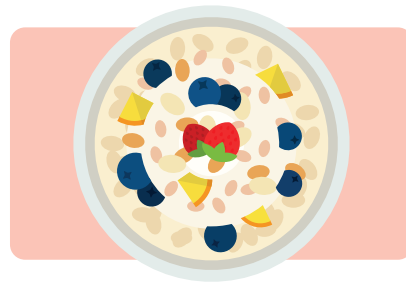
"I've started eating my main meal at lunch time as my appetite is better then, I also eat my meals from a side-plate as it feels more manageable than sitting down to a big plate of food."



Alf, Stockport

# Snacks and finger foods

It is a good idea to include snacks between your meals, especially if you are only managing small meals or your appetite is poor.



## Top tip

Eating higher energy snacks, such as peanut butter on toast will really help give you a boost.



"My favourite afternoon snack is malt loaf with butter and jam, it gives me extra energy."

Dorothy, Manchester

## Ideas for tasty snacks...

Don't forget to get some high-fluoride toothpaste if you are increasing your sugar intake.

### Sweet

- |                        |                               |
|------------------------|-------------------------------|
| Cake                   | Egg custard tarts             |
| Cake bars              | Flapjacks                     |
| Cereal bars            | Fruit smoothies               |
| Chocolate biscuit bars | Individual trifle             |
| Chocolate éclairs      | Jam/Bakewell tarts            |
| Chorley cakes          | Mousse                        |
| Custard pot            | Rice pudding                  |
| Doughnuts              | Scones with cream and jam     |
| Dried fruit/nuts       | Toasted tea cakes with butter |
| Eccles cakes           | Yoghurts                      |

### Savoury

- |                                 |                              |
|---------------------------------|------------------------------|
| Cereal                          | Garlic bread and cheese      |
| Cheese                          | Malt loaf with butter        |
| Cheese on toast                 | Mini crackers                |
| Chicken drumsticks              | Nuts                         |
| Crackers with butter and cheese | Pancakes with butter and jam |
| Crisps                          | Pasties                      |
| Crumpets with butter            | Pork pies                    |
| Fingers of toast with pate      | Sandwiches                   |
|                                 | Sausage rolls                |

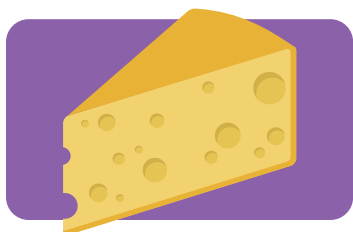
If you are struggling with tiredness, these snacks are also perfect to have as finger foods at meal times.

# Boost your food

Adding some easy extras to your food is a great way to improve your energy. This can make a big difference to your appetite.

## Boost your savoury foods

When you eat these...	try adding these
Soup	Double cream / cheese
Vegetables	Butter / margarine / ghee
Mashed potatoes	Milk powder / double cream / cheese
Scrambled eggs	Milk powder / cheese / butter
Sauces	Milk powder / butter / margarine / ghee / cheese
Bread, scones or chapatti	Butter / margarine / ghee / peanut butter
Salad	Mayonnaise / salad cream / unsalted nuts



## Top tip

Adding cheese to your mashed potato is not just tasty, it helps boost your calorie intake too.



## Add some treats to your sweet foods

When you eat these...	try adding these
Porridge or other cereal	Honey / sugar / evaporated milk
Stewed and tinned fruit	Custard / evaporated milk / double cream / ice cream
Fruit pies	
Cake	
Hot drinks	Milk powder / sugar / evaporated milk
Milky puddings	Honey / jam

"I've switched to using full-fat milk, which I prefer anyway, and always add cream to sauces, soup and puddings."



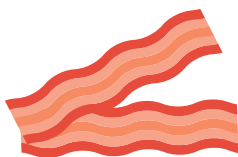
Ali, Rochdale

# The power of protein

Protein can help to keep you strong. Include meat, fish, poultry, vegetarian alternatives, lentils, pulses, beans, eggs and nuts in your diet.

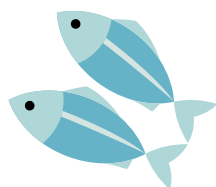


Try high protein toppings on your toast such as sardines, scrambled egg, cheese, beans or peanut butter.



Add extra pieces of meat or tinned lentils into soups, casseroles, stews or pies.

Try eating oily fish like salmon, herrings, sardines or trout once a week.



## Fortified milk recipe

You can double the protein content and increase calcium intake of milk by following the recipe below. This fortified milk can be used in place of ordinary milk. Aim for 1 pint a day.



Buy a tub of skimmed milk powder to use for fortified milk and in sauces or soup.

### INGREDIENTS

- 1 pint full-fat milk
- 4 tablespoons milk powder

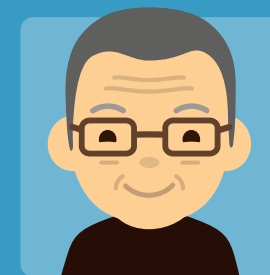
### INSTRUCTIONS

- Add a little bit of the milk to the milk powder in a jug, mix into a paste
- Add the rest of the milk and stir well
- Pour back into the bottle or use from the jug

### Top tip

Use this in hot drinks such as tea, coffee, malted milk drinks or hot chocolate. Also great as a cold drink, on cereal, in sauces or in custard.

"I love milky drinks with chocolate biscuits as a snack or before I go to bed."

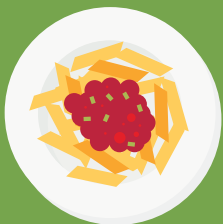


Eric, Salford

# Too tired to cook?

Even if you are not feeling up to cooking there are lots of ways to make sure you are still eating healthy and filling meals.

Buy full-fat ready meals and snacks to heat in the microwave.



Get meals delivered to your home: Wiltshire Farm Foods, Meals on Wheels, Oak House Foods, ICare and voluntary organisations can provide these.

Get shopping delivered to your home - most supermarkets do home delivery.

You might find it useful to find out about local food banks/food voucher schemes.



"When I'm too tired to cook in the evening, I pop a creamy curry in the microwave, it's quick and easy."

Margaret, Oldham

# Top tip

Keep your kitchen cupboard and freezer stocked up with some simple, tasty foods. These ideas will provide you with easy and quick meals and snacks in no time...



## Ideas for your kitchen cupboard

- Breakfast cereal and porridge.
- Jam, marmalade, peanut butter and honey.
- Baked beans, macaroni cheese and spaghetti.
- Tinned stews, meats, fish and lentils.
- Tinned vegetables and fruit – add butter or cream to these.
- Tinned custard, sponge and custard and rice pudding.
- Long life milk (whole milk) and skimmed milk powder.
- Horlicks, Ovaltine and drinking chocolate – make with fortified milk for extra calories.
- Squash and fruit juice.

## Ideas for your freezer

- Instant/ready meals, e.g. cottage pie, fish pie, roast dinner.
- Fish fingers, sausages and burgers.
- Frozen vegetables, frozen fruit e.g. mixed berries.
- Boil in the bag meals, e.g. fish in sauce.
- Full-fat ice cream and ice lollies.
- Frozen desserts, e.g. jam roly poly, crumbles, gateau, sponge and chocolate puddings.

# Eat together

Getting together with friends, family and neighbours is a fun way to spend time and enjoy a meal.

Make plans to eat with a friend or family whenever possible.

Join a lunch club with a local voluntary organisation.



  
**COMMUNITY  
CAFE**

If you are feeling lonely or have experienced a bereavement, reach out to organisations who can help put you in touch with other people.

## Top tip

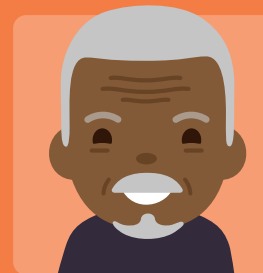
Your local Age UK is here to help, contact us to find out how to meet others.

# Eat well

Enjoy your food and have plenty of variety in your diet so you will get all the nutrients you need and maintain a healthy weight.



The Eatwell Guide shows how much of what you eat overall should come from each food group (download from [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide))



"Joining a lunch club helped me to enjoy food again. I have learnt tips about how to eat well when living on my own."

Ernest, Bury



# Stay hydrated

Drinking plenty throughout the day helps improve skin, concentration, balance, memory, energy and mood.

Keep a water bottle with you.



Sip water continuously throughout the day.



It doesn't have to be water; other drinks also count.

Aim for 6–8 drinks per day (200ml each – a normal cup or glass size).



If you worry about going to the toilet at night, drink more earlier in the day.



Try to have milky drinks made with fortified milk.

Have ice lollies, soups and milky drinks for variety and extra energy.

If you are struggling to drink, have ice lollies, jellies, creamy sauces, custard and extra milk in cereal.

# Look after your mouth

If your mouth or teeth are sore, or your dentures don't fit properly, eating and drinking can become difficult.

- Brush natural teeth twice a day with a fluoride toothpaste, speak to your dentist if you are finding this difficult.
- If you feel you have a dry mouth, your doctor, dentist or pharmacist can give you saliva replacements.
- Avoid sugary food or drink after brushing your teeth.



- Visit your dentist at least once every year and ask about fluoride varnish and high fluoride toothpaste.
- If you have an ulcer or lump in your mouth for more than 3 weeks see your dentist straight away.



## Cleaning your dentures

- Clean your denture with liquid soap and a nail brush and rinse well with water.
- Soak in clean water overnight or use a denture soaking solution.

Having sugar between meals can be more damaging for your mouth than at mealtimes. Try to have a pudding with each meal and have savoury snacks in between.

# Weekly Meal Planner – 6 small meals

Don't forget to get some high-fluoride toothpaste if you are increasing your sugar intake.

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Evening meal	Supper
Monday	Porridge with fortified milk and honey	Crumpets with butter	Bowl of soup with cream and buttered bread. Slice of cake	Pork pie	Jacket potato, beans and cheese. Fruit salad with cream / custard	Cheese and crackers with glass of milk
Tuesday	Scrambled egg on toast	Carrots and hummus	Ham and cheese or cheese and onion toastie. Chocolate mousse	Boiled egg	Corned beef hash or lentil cottage pie. Apple crumble and custard	Bowl of cereal
Wednesday	Cereal with milk (fortified)	Crackers and cream cheese	Quiche, coleslaw and potato salad. Trifle	Sausage roll	Chicken or vegetable casserole. Rice pudding with jam	Crumpet and cocoa with fortified milk
Thursday	Crumpets with butter and jam	Nuts	Cheese on toast. Individual frozen apple strudel	Chicken drumsticks	Chicken or vegetable korma and rice. Jam roly poly and custard	Hot milky drink with toast
Friday	Porridge with fortified milk and honey	Fingers of toast with pate	Ploughman's Lunch. Custard tart	Pasty	Fish, chips and mushy peas. Cake and custard	Cheese on toast with milk
Saturday	Boiled egg on toast	Samosa	Ham and cheese or cheese and vegetable omelette. Bakewell tart	Toast with butter	Bacon and broccoli pasta bake. Bread and butter pudding and custard	Milky decaf coffee with cheese and crackers
Sunday	Blueberry pancake and syrup / honey	Cheese on toast	Sunday roast, fruit pie with ice cream	Crisps and dip	Mini buffet: cocktail sausage, onion bhaji, pork pie, scotch egg. Cake and custard	Handful of nuts and cocoa with fortified milk



Have a drink after each meal or snack, choose from water, squash, fruit juice, milk, tea, coffee, hot chocolate, malted milk drinks, etc.

**For more information contact your local Age UK**

**Bolton:** 01204 382 411

**Bury:** 0161 763 9030

**Oldham & Rochdale:** 0161 633 0213

**Manchester:** 0161 833 3944

**Salford:** 0161 788 7300

**Stockport:** 0161 480 1211

**Tameside:** 0161 308 5000

**Trafford:** 0161 746 9754

**Wigan Borough:** 01942 241972

**General contact:**

Emma Rose

Age UK Salford

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0161 788 7300

"Using this booklet really helped  
me with my shopping list."

Elsie, Bolton

