

Are you getting enough from your diet?

- Have you lost weight without meaning to?
- Have you had a poor appetite, low energy or low mood?
- Do your clothes, shoes, jewellery or dentures look or feel loose?
- Does the Paperweight Armband fit together and slide easily up and down?



If you answer yes to any of the following questions, tick the box and take this to your GP

- Have you noticed sudden weight loss? (10% of your body weight in 3 months)?
- Do you have difficulties swallowing food or drinks?
- Do you get pain in your tummy when you eat?
- Has there been a recent persistent change in moving your bowels to looser stools and/or increased frequency?

If the answer to these questions is no, try to increase your food intake for 12 weeks. Check out our top tips over the page.

Do you have a sore mouth? If so, visit your dentist.

If you have a medical condition that requires a special diet ask for more tailored advice from your GP.

Top tips to improve your food and drink intake:



Boost your food by adding extra cheese, butter or cream



Have snacks between meals



Eat with others

Aim to get plenty of variety in your diet

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



Use ready-meals



Eat little and often

Stay hydrated have 6-8 drinks per day

Check out the Eat, Drink, Live well booklet for more detail.

If your weight does not increase after trying these tips for 12 weeks, visit your GP.