Are you eating enough to stay well?

Getting thinner is not a normal part of getting older. To help ensure good health in later life, it is important to maintain a healthy, stable weight and to make sure you are eating enough. The last few months have been difficult with changes to our routines and support systems, so we may not have noticed that we haven't been eating as much or have lost weight.

If you've noticed that you have a smaller appetite or have lost weight unexpectedly, it may be time to act.

Signs of weight loss:

There are some warning signs that you can look out for:

- Have you noticed that clothing feels looser or that you've had to tighten your belt buckle an extra notch?
- Are your rings slipping off your finger or is your watch sliding up your arm?
- Do your dentures feel loose?
- Do you feel that you have a smaller appetite than usual?

If you have noticed any of the signs, you may wish to speak to your GP or healthcare professional.

For tips on eating well, visit **www.malnutritiontaskforce.org.uk.**

BAPEN

Malnutrition Task Force
Eating and drinking well in later life

This material has been produced by BAPEN and the Malnutrition Task Force as part of UK Malnutrition Awareness Week. It is intended for use during UK Malnutrition Awareness Week and throughout the year as appropriate. Last updated: 2021.