Losing weight is not a normal part of ageing

Check out our simple tips if you notice any of the following signs:

- Loose dentures
- Loose belt
- Loose collar or clothes
- Loose shoes
- Thin arms or legs
- Loose ring or watch
- I’ve lost weight without trying
- I’ve got a poor appetite
- I find it hard to keep warm
- I feel tired all the time
- It’s difficult to get to the shops
- It’s difficult to cook just for one
- Losing weight is not a normal part of ageing
Top tips to improve your food and drink intake:

- Stay hydrated: have 6–8 drinks per day.
- Eat with others.
- My favourite snack is malt loaf with butter and jam, it gives me extra energy.
- Boost your food by adding extra cheese, butter or cream.
- Avoid drinks high in sugar.
- Eat little and often.
- Use ready-meals.
- Stay hydrated: have 6–8 drinks per day.

To access a booklet with more tips visit www.paperweightarmband.org.uk