

Nutrition and Hydration Week 14th- 20th of June 2021

14th- 20th June is Nutrition and Hydration Week. There has never been a more important time to think about the importance of eating and drinking well!

The Nutrition and Hydration Week is celebrated nationally and globally to raise awareness on good nutrition and hydration and to bring people together (where possible) to create energy, focus and fun to highlight and educate people on the value of good food and drink in maintain health, wellbeing and quality of life.

Have you or someone you look after recently lost weight without planning to? Has your appetite changed and is now lower than it used to be? Do your clothes, jewellery and shoes feel or look loose? If you answer yes to any of these questions you may not be eating enough.

Eating enough and having a balanced diet can protect you and your loved ones from ill health and if an illness strikes, your body is more equipped to deal with it if you are well nourished and hydrated.

Here are our top tips for eating and drinking well in older age:

If your appetite is low:

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!




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

If you want variety try meals from different cuisines to add excitement to your meals:



If you feel too tired to cook use ready meals and cook in bulk:




"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



If you need to put weight on and increase your protein intake try swapping low fat foods to high fat, high protein ones:

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



Ali, Rochdale



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

Aim for 6-8 drinks per day and more if the weather is very hot!



iced coffee



hot chocolate



ice cream milkshakes



To find out more you can visit our website and download our different booklets: [Age UK Salford | Improving Nutrition and Hydration in Greater Manchester](#)