

## Our Top 10 Tips for Eating Better in Later Life

1. Losing weight is not a normal part of getting older. It is important to keep an eye on your weight as you get older and to spread the message that unexplained weight loss should be taken seriously. Try to weigh yourself regularly so you can see if you are losing weight.

2. If you have a small appetite, try eating small meals and snacks. Aim to eat every 2-3 hours, even if it's something small.

3. Eating anything is better than nothing. Eat more protein - having protein with every meal will help us keep well-nourished.

4. Fortify food by adding full-fat foods like milk, butter, cream and cheese to your meal – it's a great way to increase the calorie content but not the portion size. Having high calorie, nourishing drinks is also a great way to add extra to your diet.

5. Try to drink 6-8 cups of fluid every day (this is about 1.5 litres or 2.5 pints). All hot and cold drinks count towards hydration

6. Set yourself reminders to eat or enjoy a snack with your favourite TV programme, such as biscuit and a cup of tea!

7. If you are not leaving the house as much, why not try 'meeting up' with friends or family by arranging a video chat or telephone call over a coffee or a meal?

8. If your teeth or dentures are a problem, call your dentist to discuss it with them.

9. If you have trouble shopping or cooking food, a local community organisation such as Age UK may be able to help. To find your local Age UK, visit <https://www.ageuk.org.uk/> or call 0800 678 1602.

10. Supermarkets offer online shopping and home delivery services, which may make shopping easier for you. Some smaller supermarkets are offering a telephone service.

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



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



iced coffee



hot chocolate



ice cream milkshakes



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