

NUTRITION TO GO

Are you Eating Enough?

What is malnutrition?

Malnutrition means a person does not eat enough or is not eating the right amount of healthy foods. A person that has malnutrition may be missing some important parts of a healthy diet, such as protein or certain vitamins.



What are the side effects?

- Weight loss
- Feeling tired
- Muscle loss or weakness
- More likely to have falls and break bones
- Depression
- Problems with memory
- Weak immune system—making it harder for you to fight off infections
- Risk of getting sicker from other diseases



What causes malnutrition?

Nutrition needs can change as you age. There can be changes to your sense of taste and sense of smell and you could also have a harder time chewing or swallowing foods. Also, people with chronic diseases (like diabetes or heart disease) are at a higher risk for malnutrition. If you take medications, certain ones may make you feel less hungry, so you may eat less.



Why is it important to not skip meals?

Eating small, frequent meals and healthy snacks every day is important to help prevent malnutrition. If you do not eat enough you may miss out on some important nutrients like calcium, vitamin D, magnesium, vitamin C, vitamin E and vitamin B6.

6 Tips on How to Prevent Malnutrition:

- 1) **Make healthier food choices**—choose baked over fried foods and include more fruits and vegetables in your diet.



- 2) **Snack smart**—try to include snacks high in protein and healthy fats, like whole grain crackers with low-fat cheese or peanut butter with some apple slices.

- 3) **Boost flavor**—add herbs or spices to your favorite meal to make the recipe even more tasty!



- 4) **Consider supplements**—if you are not eating enough you may need more nutrition in the form of a supplement. Talk with your doctor or dietitian.

- 5) **Stay active**—just a short, daily walk can make you feel more hungry at mealtimes.



- 6) **Stay social**—be social and share a meal with others in your community.