



# Nutrition Wheel: Advice Sheet

You have been provided with this advice sheet as a result of using the Nutrition Wheel which helps to identify whether you are at increased risk of undernutrition. This sheet aims to provide you with information on where to go for more support according to how you answered the questions on the Wheel. If you have access to the internet, the link below provides more information on undernutrition and can be downloaded and printed out: <http://wessexahsn.org.uk/open-leaflet.pdf>


*Note for person using the Nutrition Wheel: tick the relevant boxes below and add in name and telephone number for local voluntary sector organisations where possible. National numbers are included at the end.*

## **Lost weight unintentionally (or clothes or rings have become loose) in the past 3-6 months**

If you've lost weight unintentionally, visit your GP or Practice Nurse. There may be several reasons why you have lost weight, e.g. medical, social and psychological reasons.

## **Live alone and/or concerned about ability to shop, cook or budget**

Whilst living alone is not necessarily a risk factor for undernutrition itself, living alone may affect the ability to maintain good nutrition (e.g. trouble cooking, shopping or eating). Social isolation is a risk factor, as well as recent bereavement. You can try to schedule carer visits around mealtimes, involve family & friends, consider convenience food options (e.g. microwave meals, meal delivery companies), contact social services or contact a local voluntary sector organisation who offers services such as visiting / befriending schemes, lunch clubs, day centres, transport services, bereavement counselling and budget planning.

<p><b>Your local voluntary sector organisation:</b></p> <p>Name: .....</p> <p> Number: .....</p>
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If support is needed around budgeting, the Citizen's Advice Bureau or Age UK have national numbers and can give advice over the phone – contact details at the end of this advice sheet.

## **Difficulty cutting food, chewing, swallowing or coughing while eating**

Speak to your GP or Practice Nurse to consider whether adapted cutlery, adapted tableware or a referral to specialist services (e.g. to assess swallowing) is needed. Visit your dentist if you have issues with your teeth or if dentures have become loose. If you need advice, you can contact the Oral Health Foundation dental helpline on **01788 539780**.

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## Finding it difficult to drink or drink enough

Aim for 8 drinks a day - drink your favourite fluids including milky drinks, squash, fruit juices. Remember that foods also contain fluid, e.g. soup, custard, casseroles. Make an appointment with your Practice Nurse if you are on thickened fluids and have any problems.



## Unsure what foods to eat (or how much) and/or poorer appetite than before and/or lost interest in eating

Make dietary changes to help increase your calorie and protein intake, such as:

- Small frequent meals and snacks
- Eat favourite foods and snacks at any time
- Milky drinks between meals
- Switch to full fat dairy products, e.g. whole milk, cheese, full fat yoghurts
- Fortify foods by adding extra fat & protein, e.g. add cream to soups, casseroles, porridge
- Try nutritional supplement drinks from supermarket or pharmacy, e.g. Complan or Meritene (to help add protein, vitamins and calories)

Your GP or Practice Nurse should be able to give you more information, and provide some additional advice sheets if you are not sure what you should be eating.

### Downloadable dietary advice leaflets

- OPEN Undernutrition leaflet (Wessex AHSN) <http://wessexahsn.org.uk/open-leaflet.pdf>
- Malnutrition pathway leaflets - [www.malnutritionpathway.co.uk/leaflets-patients-and-carers](http://www.malnutritionpathway.co.uk/leaflets-patients-and-carers)
- 'Bring It Back' (Dairy Council) - [www.milk.co.uk/publications/](http://www.milk.co.uk/publications/)
- 'Are you eating enough? Advice for older people' (Malnutrition Task Force) - [www.malnutritiontaskforce.org.uk/wp-content/uploads/2014/06/A5-Leaflet-Older-People-SINGLE-PAGES.pdf](http://www.malnutritiontaskforce.org.uk/wp-content/uploads/2014/06/A5-Leaflet-Older-People-SINGLE-PAGES.pdf)

### National support numbers / helplines

- ☎ Citizen's Advice Bureau (CAB) – **0345 404 0506**
- ☎ Age UK (national helpline) - **0800 678 1174**
- ☎ Royal Voluntary Service (national helpline) - **0845 608 0122**
- ☎ Oral Health Foundation (national dental helpline) - **01788 539780**
- ☎ Cruse Bereavement Care (national freephone helpline) – **0808 808 1677**
- ☎ Carers UK (national support and advice line) – **0808 808 7777**

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