



Nutrition Wheel: Advice Sheet

You've been given this sheet because the Nutrition Wheel has shown that you've lost weight unexpectedly, may be underweight or lost your appetite. This sheet will direct you to sources of support, according to how you answered the questions on the Nutrition Wheel. If you have access to the internet, the following link provide 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 any specific advice on the notes section overleaf. This could include the name and number for the organisations you work or volunteer for, or a local voluntary sector organisation.

Dietary advice to follow (suitable for anyone who answers 'yes' or 'don't know' to any of the outer questions on the Nutrition Wheel)

Make dietary changes to help increase your calorie (energy) and protein intake. Your GP or Practice Nurse can give you more information and provide some additional advice sheets if you are not sure what you should be eating or if you are on a special diet. Ideas include:

- 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 and protein, e.g. add cream or powdered milk to soups, casseroles, porridge; add ground almonds to porridge; add butter and cheese to potato

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
- 'Bring It Back' (Dairy Council) - www.milk.co.uk/publications/
- 'Are you eating enough? Advice for older people' (Malnutrition Task Force) - www.malnutritiontaskforce.org.uk/resources

Lost weight unintentionally (or clothes or ring have been loose) in the past 3-6 months

If you've lost weight without intending to, visit your GP or Practice Nurse. There may be several reasons why you have lost weight, e.g. medical, social and psychological reasons.

Created in partnership by Wessex Academic Health Science Network, Bournemouth University, the Patients Association and the Malnutrition Task Force. V2.0 July 2019



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 can make it harder to eat well (e.g. trouble cooking, shopping or eating). If you don't see family or friends very often, or you've recently been bereaved, this can also have an impact. To help provide support around eating and nutrition, you could consider the following:

- Involve family and friends, and schedule any carer visits around mealtimes
- Consider convenience food options (e.g. microwave meals, meal delivery companies)
- Contact your local voluntary sector organisation who may offer services like visiting and befriending schemes, lunch clubs, day centres, transport services, bereavement counselling and budget planning (social services can also advise on this)
- For support around budgeting, Citizen's Advice Bureau or Age UK have national numbers and can give advice over the phone – contact details at the end of this sheet



Difficulty cutting food, chewing, swallowing or cough 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 problems with your teeth or if dentures have become loose. If you need advice, you can contact the Oral Health Foundation helpline – contact number below.



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. Contact your doctor's surgery for an appointment if you are struggling with thickened fluids – they may be able to re-refer you to Speech and Language Therapy, or provide an information sheet highlighting tips for your fluid consistency.

National support numbers and 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 & advice line) – **0808 808 7777**

Created in partnership by Wessex Academic Health Science Network, Bournemouth University, the Patients Association and the Malnutrition Task Force. V2.0 July 2019