

IF YOU
ARE
LOSING
WEIGHT

YOU CAN DO
SOMETHING ABOUT IT!

AND YOU SHOULD TELL
SOMEBODY ABOUT IT!

EATING AND DRINKING ENOUGH IS
IMPORTANT TO MAINTAIN YOUR HEALTH

GETTING THIN AS YOU GET OLDER IS NOT ALWAYS GOOD FOR YOU

If you can maintain your weight you are more likely to be physically active and less likely to go to hospital or see your GP.

BRING BACK BREAKFAST



BRING BACK SNACKS



LOST YOUR APPETITE, FEELING A LITTLE FRAIL?

BRING IT BACK

Bringing back foods to help those who don't feel like eating.

BRING BACK HOT MILKY DRINKS



BRING BACK PUDDINGS



PEOPLE CAN LOSE WEIGHT FOR LOTS OF REASONS

LIKE...

LOSING A LOVED ONE OR SOMEONE CLOSE TO YOU

FEELING LONELY OR ISOLATED

BEING ILL OR IN HOSPITAL

FINDING IT HARD TO MAKE ENDS MEET

FINDING IT DIFFICULT TO GO SHOPPING OR COOK MEALS

FORGETTING TO EAT OR SHOP FOR FOOD

ARE YOU LOSING WEIGHT?

WEIGH YOURSELF REGULARLY, AT LEAST EVERY 3 MONTHS (or more often if you are concerned).

WRITE DOWN YOUR WEIGHT AND TELL YOUR FRIENDS, RELATIVES AND CARERS HOW MUCH YOU WEIGH.

DATE

WEIGHT

DATE

WEIGHT

DATE

WEIGHT

CAN'T WEIGH YOURSELF?

You can still check if you're losing weight by asking yourself the following questions:-

IS MY RING SLIPPING OFF MY FINGER?

DOES MY BELT OR CLOTHING FEEL LOOSER?

IS MY WRISTWATCH SLIDING UP MY ARM?

IS MY BRACELET FALLING OFF MY HAND?

ARE MY DENTURES LOOSE AND DOES THIS MAKE IT HARDER TO EAT AND TALK?

THINK ABOUT WHAT YOU EAT

IF YOU ARE LOSING WEIGHT, MAKE SMALL CHANGES TO YOUR DIET BY TRYING THESE IDEAS FIRST.

BRING BACK BREAKFAST

whether its porridge, cereal, cheesy scrambled eggs, try to eat something every morning.

BRING BACK SNACKS

like cheese and crackers or toasted teacake with butter.

BRING BACK WHOLE MILK PRODUCTS

milk, cheese and yogurt. Low fat and diet options are not for you at this time.

BRING BACK THE HOT MILKY DRINK

at bedtime, and if you can have a snack with this even better.

THINK ABOUT WHEN YOU EAT

Use this chart to record how often you eat and drink throughout the day. Then answer the questions and discuss this with family, friends or carers.

06:00		06:00
07:00		07:00
08:00		08:00
09:00		09:00
10:00		10:00
11:00		11:00
12:00		12:00
13:00		13:00
14:00		14:00
15:00		15:00
16:00		16:00
17:00		17:00
18:00		18:00
19:00		19:00
20:00		20:00
21:00		21:00
22:00		22:00
23:00		23:00

WHEN WAS THE LAST
TIME I ATE?

WHEN WAS THE LAST
TIME I HAD A DRINK?

DO I LEAVE LONG GAPS
BETWEEN MEALS?

06:00	TRY BREAKFAST	06:00
07:00	Porridge, cereal or scrambled eggs	07:00
08:00		08:00
09:00	TRY A SNACK	09:00
10:00	Toasted teacake & butter	10:00
11:00		11:00
12:00	TRY A SMALL MEAL	12:00
13:00		13:00
14:00		14:00
15:00	TRY A SNACK	15:00
16:00	Cheese and biscuits or yogurt	16:00
17:00		17:00
18:00	TRY A SMALL MEAL	18:00
19:00		19:00
20:00		20:00
21:00	TRY A HOT MILKY DRINK	21:00
22:00	Hot chocolate or warm milk and honey	22:00
23:00		23:00

THINK ABOUT WHO YOU EAT WITH

BRING BACK SOCIAL EATING

Try a lunch club or eating regularly with relatives or friends – appetite loves good company!



Contact the Elderly for Tea,
Cake & Company on 0800 716 543

ASK FOR HELP IF YOU NEED IT

FAMILY AND FRIENDS

Discuss your concerns with family and friends. They may be able to provide practical help or advice. They will probably be pleased to help you.

THERE ARE MANY PEOPLE WHO CAN HELP YOU.

BEREAVEMENT

Phone Age UK 0800 169 6565
or Cruse Bereavement Care
0844 477 9400.

DIFFICULTY SHOPPING OR PREPARING FOOD

Phone WRVS 0845 600 5885
for practical help or contact
local social services.

APPETITE AFFECTED BY MEDICATION

Ask your pharmacist or your
GP for a drug review.

DIFFICULTY SWALLOWING

Talk to your pharmacist or see
your GP.

FEELING LOW OR DEPRESSED

Phone MIND 0300 123 3393.

TROUBLE WITH YOUR MOUTH, TEETH OR YOUR DENTURES

Speak to your Dentist or call the
British Dental Health Foundation
0845 063 1188. Talk to your GP or
pharmacist if you have a sore mouth.

DIFFICULTY MAKING ENDS MEET

Phone Age UK 0800 169 6565
for benefit advice.

FEELING LONELY

Phone Age UK 0800 169 6565
for details of your local branch or
Contact the Elderly 0800 716 543.

TRY THESE DELICIOUS RECIPES

It is important to eat and drink regularly.

At this time, it is not always necessary to eat low fat/low sugar foods. If you are on a diet for Diabetes or High Cholesterol and you are concerned discuss this with your GP.

FRUITY PORRIDGE

INGREDIENTS

- 4 tbsp porridge oats
- 150ml full fat milk
- 1 tbsp sugar
- 1 handful dried fruit or a sliced banana or stewed apple
- 1 tbsp honey

INSTRUCTIONS

- Mix the porridge oats and milk in a saucepan for a few minutes
- Stir in sugar and honey
- Take the pan off the heat and stir in the fruit
- Place in a bowl and top with extra honey

TO MAKE PORRIDGE IN THE MICROWAVE

Place all ingredients in a large microwaveable bowl. Microwave for 5 minutes on high, stirring half way through. Leave to stand for 2 minutes before eating.

DREAMY MILK DRINK

INGREDIENTS

- 1 cup whole milk
- 1 teaspoon honey or sugar
- 2 drops vanilla extract
- Pinch ground cinnamon

INSTRUCTIONS

- Stir together cinnamon and sugar, then stir into milk
- Stir in the vanilla
- Place mug in microwave for 1 ½ minutes (microwave devices vary so check your manufacturers instructions)
- Stir before drinking

CHEESE ON TOAST

INGREDIENTS

- 2 thick slices crusty bread
- 1 teaspoon English mustard
- 50g mature British cheddar cheese (sliced or grated)
- Dash Worcestershire sauce
- Pepper

INSTRUCTIONS

- Preheat grill to hot
- Toast bread on both sides
- Spread mustard on each slice
- Top with cheese (cover to the edges)
- Add a dash of Worcestershire sauce (to taste)
- Pop under the grill until golden and bubbling (2 – 3 minutes)

MILK JELLY

Dissolve jelly in hot water

Cool and add milk

Leave to set in fridge

TINNED FRUIT

Try tinned fruit with custard

TASTY IDEAS

ADDING CHEESE

Grate cheese into mashed potatoes or soup

REMEMBER

FOR NOW AVOID LOW FAT, DIET OR LIGHT FOODS, USE WHOLE OR FULL-FAT MILK AND YOGURT

In creating a resource for older people we wanted them to be directly involved and to have their voices heard. That's how we met Harry, at the Holocaust Survivors Art Group. Harry has an amazing story.

Harry's stamp

Harry Rossney, aged 92 years, was born Helmut Rosettenstein in Germany, and arrived in Britain in 1939 after being detained in a German concentration camp. He was the 196th of 200 tradesman saved from likely death by the Central British Fund for German Jewry, who arranged safe haven for the men in Kent. He eventually was allowed to join the Pioneer Corp and fight for Britain. Harry, a sign-writer and craftsman was drafted to Normandy on D-day where his skills were employed to inscribe the names of the many fallen Allied soldiers. Harry was not only a brave soldier but a true artist and we are honoured to have Harry's illustration as a stamp to support our campaign.



We would also like to thank all our older contributors at Blackfriars Settlement, Age UK in Accrington and Tamworth and The Older People's Assessment Unit at Guys and St Thomas's NHS Trust – for their active involvement.

And finally from the old to the young our gratitude to the students of Camberwell College of Arts for their initial designs that inspired the look of the campaign.

GETTING THIN AND FRAIL IS NOT A NORMAL PART OF AGING

For more recipes and advice
visit www.milk.co.uk

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Dairy | Council

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