

Nutrition and Safer Mobility

Patient Information



Eating a balanced diet

It is important to eat a healthy, balanced diet to ensure your body is getting everything it needs to function properly and reduce the risk of falls and fractures.

A balanced diet includes:

Protein

This helps with muscle growth and repair and includes meat (chicken, beef, pork, lamb, turkey etc.) fish, as well as meat-free alternatives like soya/tofu and eggs, beans and pulses and nuts.

Carbohydrates and Fibre

Wholegrain carbohydrates provide us with energy and fibre promotes healthy bowel movements. Examples of carbohydrates include bread, rice, pasta, potatoes, cereals, chapatti, pitta bread and noodles. Choose wholegrain or higher fibre versions, whenever you can.

Fruit and Vegetables

These provide a range of vitamins and minerals to support our body and immune system. They are also great sources of fibre, that help keep our bowels healthy and can help prevent constipation. Fresh, frozen, dried and tinned varieties all count towards your daily intake. A 150ml glass of fresh fruit juice per day provides your daily dose of vitamin C.

Hydration

Staying hydrated can help minimise constipation, urine infections, headaches, confusion and falls. It can also help increase concentration and energy levels. You should aim to drink around 1.6-2 litres of fluids per day – around 8-10 glasses depending on the size. This could include tea and coffee, fruit juice / smoothies, diluting juice, milk or milkshakes and water. You also get fluid from foods like custard, ice cream, soups and fruit and vegetables. During hot weather or periods of illness with a high temperature, you may have to increase the amount of fluids you drink to keep hydrated.

Top Tip

Nourishing drinks are a good way to keep hydrated and introduce more calories to help address unplanned weight loss. Here is how to make fortified milk that can be used in porridge, cereal, tea, coffee and milkshakes:

**1 pint of
whole milk**

**4 tablespoons
skimmed milk
powder**

**Mix the powder with a small amount
of milk to make a paste then add
the remaining milk**

Vitamin D

This is especially important for bone health. Adults should take a daily 10 microgram Vitamin D supplement during the winter months, when they are not getting as much natural Vitamin D from the sun. Older adults who are housebound, confined indoors for long periods of time or live in a care home are at a higher risk of Vitamin D deficiency, therefore should take a daily 10 microgram Vitamin D supplement, all year round. You can also get some Vitamin D from foods such as oily fish, eggs, meat and foods with added Vitamin D such as some breakfast cereals, soya and dairy products and spreads.

Calcium

Dairy and dairy alternatives These contain calcium which is also very important for bone health. Examples include milk or milkshakes, yogurts, cheese and milky desserts. Ensure any dairy alternatives (such as soya milk) are fortified with calcium and try to include these 2-3 times per day. Your GP may also start you on a calcium supplement, if required, to help boost intake.

If you are concerned about not getting enough vitamin D or calcium then ask your GP for advice.

Signs and symptoms of poor nutrition

Your body can become malnourished if your diet does not contain the right amount or balance of nutrients it needs to function properly.

If adults lose 5-10% or more of their body weight within three to six months and they're not trying to lose weight, it could be a sign that they are at risk of malnourishment. However, sometimes, weight loss isn't obvious because it occurs slowly, over time and you may notice clothes, belts, jewellery and dentures gradually becoming loose.

Signs and symptoms of Malnutrition:

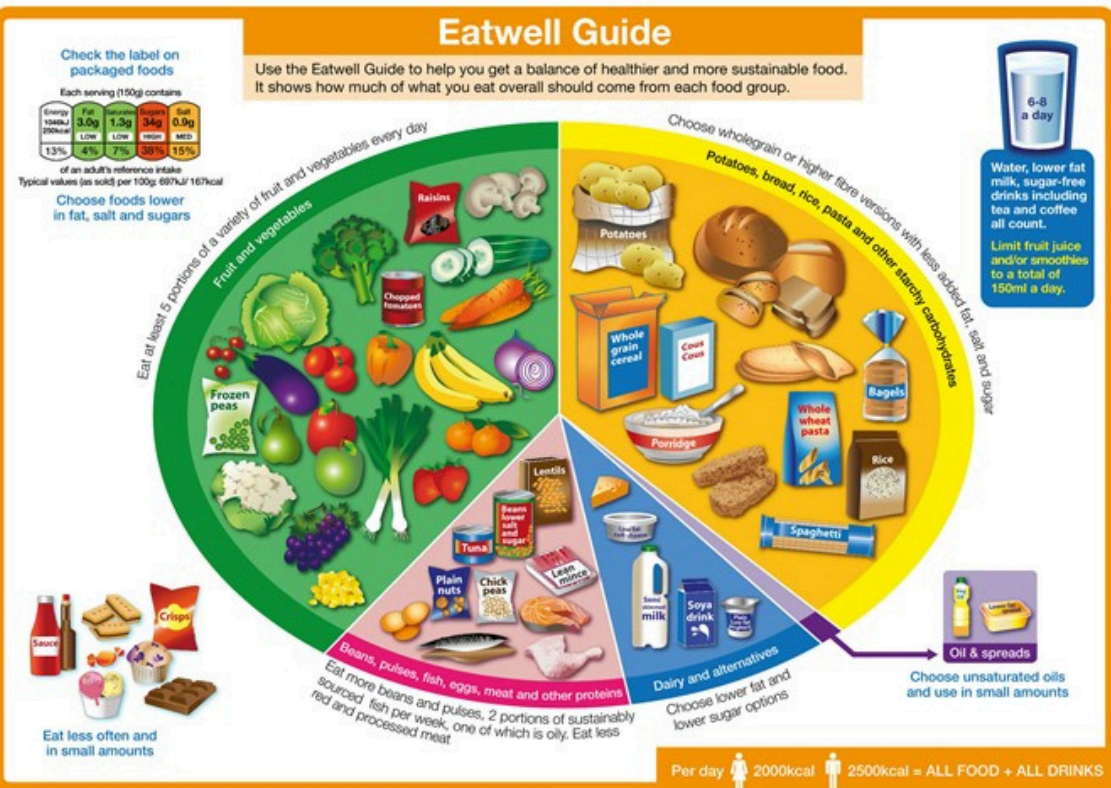
- Muscle weakness
- Feeling tired all the time or lacking energy
- Increased infections or taking a long time to recover
- Dizziness and/or more falls
- Constipation or diarrhoea
- Losing weight
- Depression
- Dehydration
- Difficulty keeping warm
- Poor/delayed wound healing
- Changes in behaviour

If you are concerned that you or someone you care for may be at risk of malnutrition, contact the GP. They may refer you to a Dietitian for specialised advice.

Eatwell Guide

The 'Eatwell' guide is used widely across the UK to show how much of each food group you should eat to have a healthy, well balanced diet. It is divided into different sections to symbolise each food group and the average portion on our plate. You don't have to follow for every single meal as the most important thing is to get the balance right by eating more from the larger four food groups and less food from the smaller ones.

If you have had unplanned weight loss, you may want to choose higher fat options to minimise further weight loss.



Further Information

NHS Forth Valley Nutrition & Dietetic

www.nhsforthvalley.com/dietetics

Click on 'Nutrition in Older Adults'

Eat Well Age Well

www.thefoodtrain.co.uk/eat-well-age-well

Advice line available to support anyone over the age of 65 with their diet. Call 0131 447 8151 - Open 9am - 4pm Monday, Wednesday and Thursday.

The Food Train

www.thefoodtrain.co.uk

Offer services including grocery shopping, household support, befriending, a library service and Meal Makers neighbourhood meal sharing project.

Meals on Wheels UK

www.mealsonwheelsuk.org

Your one-stop-shop for finding Meals on Wheels services delivering in your area.

NHS Forth Valley are happy to consider requests for this publication in other languages or formats such as large print.

Please contact:

Phone: **01324 590886** Text: **07990 690605** Email: **fv.interpretation@nhs.scot**

If you can't go, let us know

If you are unable to attend or need to rearrange a hospital appointment for any reason, please let us know as soon as possible so we can offer it to someone else. You can do this by calling 01324 566 249 during normal office hours or online at any time

www.nhsforthvalley.com/appointments

It is an offence to smoke within 15 metres of a hospital building

Anyone found lighting up within fifteen metres of a hospital building could face a fixed penalty notice of £50 or a fine of up to £1,000 if the case goes to court.

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