

MALNUTRITION AWARENESS WEEK



UK MALNUTRITION
AWARENESS
WEEK

#UKMAW2023

NHS
Greater Glasgow
and Clyde

6th-12th November 2023

FOCUSING ON BEING ROBUST AND RESILIENT

Friday's theme of 'malnutrition awareness week' is eating well and keeping well for the winter. During winter it can be more challenging for a care home resident to stay well. As we age, our bodies react differently to the cold making it harder to manage some health conditions and more difficult to fight infections.

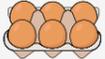
GENERAL TIPS FOR STAYING WELL IN THE WINTER



Including and not limited to:

- If it is too cold to go outside, encourage physical activity indoors. This will help to prevent loss of muscle mass.
- Where possible, make mealtimes a sociable occasion for all the residents, this increases the chances of boosting mood and appetite.
- The shortened days and cold weather can make it difficult for older adults to get enough vitamin D from sunlight, encourage a daily vitamin D supplement for all residents.

IMPORTANT VITAMINS TO CONSIDER IN THE WINTER

- Vitamin C - This supports immune health which is particularly important in the winter. Foods high in vitamin C include citrus foods, red peppers, cruciferous vegetables and strawberries 
- Vitamin B12 - This supports cognitive health and memory. Sources of B12 include eggs, milk and dairy, meat and some seafood.  
- Vitamin A and K - one of the many things these vitamins support is bone health and immunity. Sources include leafy green, dairy and milk products and tofu.    

FOOD TIPS FOR STAYING WELL IN THE WINTER



Increase protein sources in the diet. This will support maintenance of muscle mass, keeping the body stronger to fight infection. Protein sources include meat, poultry, fish, eggs, milk and dairy, tofu, nuts and seeds.



Offer a balanced diet. At each mealtime offer a source of protein, carbohydrates, healthy fats and vegetables. This will support obtaining all the vital nutrients throughout the day.



Small and often, and healthy snacking - sometimes appetite can decrease in the winter months so therefore it is important to follow a small and often approach, offering healthy, nourishing snacks between meals.



Offer regular fluids - it can be hard to stay hydrated when the weather is colder. Regularly encourage residents to drink throughout the day.

OPTIMISING FAMILIAR FOODS

If a resident is unwell, or they aren't eating very well in the winter months, it can be useful to offer nourishing versions of foods you know they like. This can include milk and milky drinks with added dried milk powder or cream, or adding higher calorie or protein foods to meals they enjoy such as cream, cheese, dried milk powder or butter.