Dairy Council

# 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.





LOST YOUR APPETITE, FEELING A LITTLE FRAIL?

### BRING IT BACK

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





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

# AREYOU 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

4

## 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 it's 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
1 <del>4</del> :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 Porridge, cereal or scrambled eggs	06:00
07:00		07:00
08:00		08:00
09:00	TDV A CNIACK	09:00
10:00	TRY A SNACK 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 Cheese and biscuits or yogurt	15:00
16:00		16:00
17:00		17:00
18:00	TRY A SMALL MEAL	18:00
19:00		19:00
20:00		20:00
21:00	TOVALIGE MILKY DOLLIK	21:00
22:00	TRY A HOT MILKY DRINK	22:00
23:00	Hot chocolate or warm milk and honey	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 delighted to help you.

#### THERE ARE MANY PEOPLE WHO CAN HELP YOU.

#### **BEREAVEMENT**

Phone Age UK 0800 169 2081 or Cruse Bereavement Care 0808 808 1677.

DIFFICULTY SHOPPING
OR PREPARING FOOD
Phone Royal Voluntary Service
0845 608 0122 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 01788 539 780. Talk to your GP or pharmacist if you have a sore mouth.

#### DIFFICULTY MAKING ENDS MEET Phone Age UK 0800 169 2081 for benefit advice.

#### FEELING LONELY

Phone Age UK 0800 169 2081 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 or 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 whole milk

I tbsp sugar

I handful dried fruit or a sliced banana or stewed apple

I 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**

I cup whole milk

I 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 I ½ minutes (microwave devices vary so check your manufacturers instructions)

Stir before drinking

#### CHEESE ON TOAST

#### **INGREDIENTS**

2 thick slices crusty bread

I 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 MILK AND
YOGURT INSTEAD

#### CALCIUM Needed

for maintenance of bones and teeth.



#### **PROTEIN**

Contributes to the growth and maintenance of muscles and helps maintain bones.



#### VITAMIN B12

Helps to make red blood cells which carry oxygen around the body. It is also important for the immune system and nerve function.



#### **IODINE**

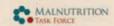
Makes up part of the thyroid hormones, which help to release energy from food. These hormones also contribute to brain and nerve function.

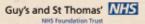












# GETTING THIN AND FRAIL DOESN'T HAVE TO BE A NORMAL PART OF AGEING

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

#### Harry's stamp

Harry Rossney 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.



Thanks to our older contributors at Blackfriars Settlement, Age UK in Accrington and Tamworth, and The Older People's Assessment Unit at Guy's and St Thomas's NHS Trust – for their active involvement. Our gratitude also goes to Camberwell College of Arts students for their initial designs that inspired the look of the campaign.



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