

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 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
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	<b>TRY BREAKFAST</b>	06:00
07:00	Porridge, cereal or scrambled eggs	07:00
08:00		08:00
09:00	<b>TRY A SNACK</b>	09:00
10:00	Toasted teacake & butter	10:00
11:00		11:00
12:00	<b>TRY A SMALL MEAL</b>	12:00
13:00		13:00
14:00		14:00
15:00	<b>TRY A SNACK</b>	15:00
16:00	Cheese and biscuits or yogurt	16:00
17:00		17:00
18:00	<b>TRY A SMALL MEAL</b>	18:00
19:00		19:00
20:00		20:00
21:00	<b>TRY A HOT MILKY DRINK</b>	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 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
- 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 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](http://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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