

Nutrition Support

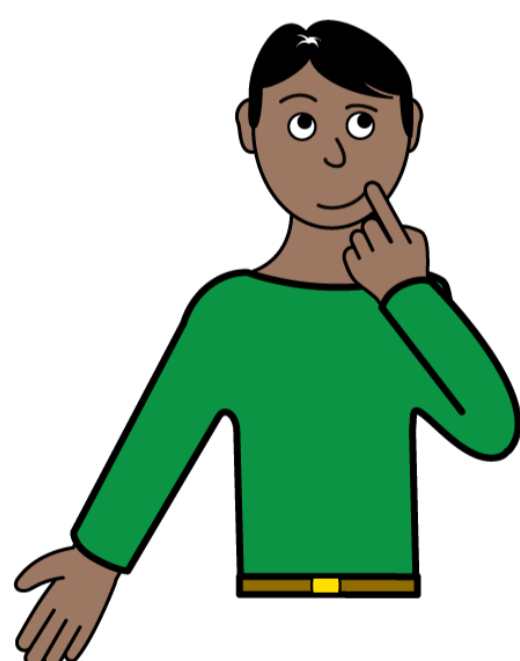
An easy to read document produced for service users, carers and families. Created by CLDT Dietetics



What is Nutrition Support?

Nutrition Support is advice given from a health care professional for someone who:

- Might have lost lots of weight without meaning to
- Is at a very low weight
- Has pressure sores on their body
- Needs to gain weight



Why might I need Nutrition Support?

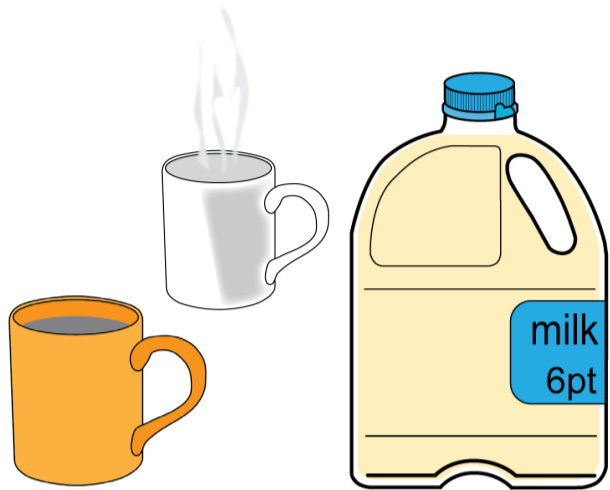
Nutrition Support is important advice for some people (like above) as without it they might:

- Get pressure sores
- Have more infections
- Catch more bugs and illnesses
- Have headaches
- Lose more weight

Nutrition Support

Here are some tips which can help.

It is important that you don't choose more than 2 of these things at a time.



1. Use full fat milk in drinks and cereals

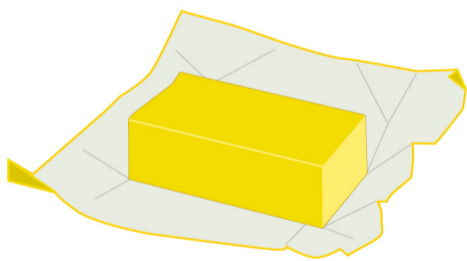
2. Have 2 full fat milky drinks a day



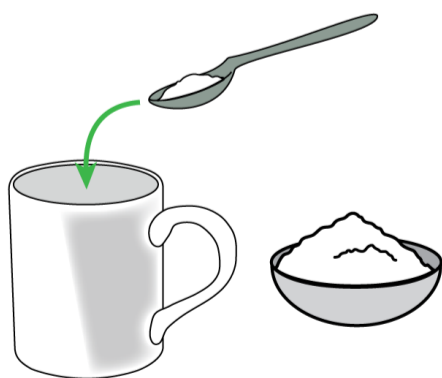
3. Drink fresh fruit juice instead of cordial



4. Add double cream to cereals, puddings and potatoes

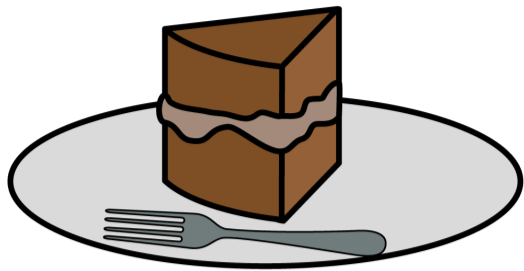


5. Add butter and cheese in mash



6. Add honey or sugar in cereals, on fruit and in drinks

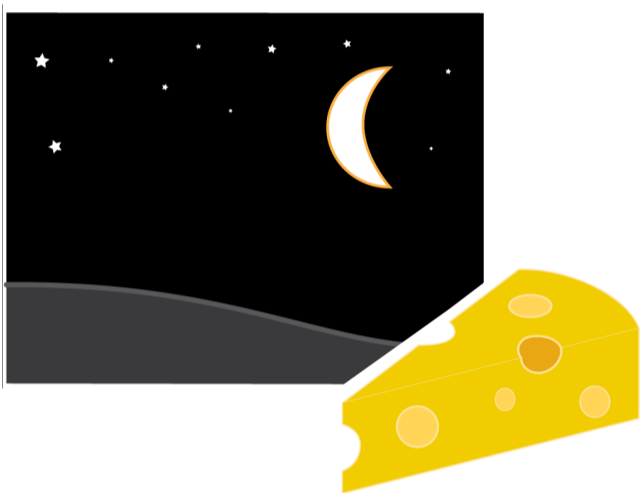
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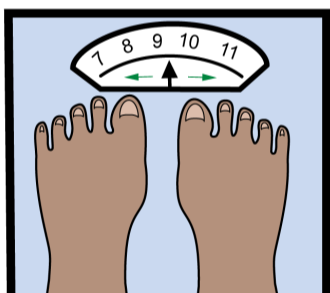
7. Try to have a pudding at least once per day



8. Snack on cakes, cheese, full fat yoghurts or mousses between meals



9. Try to have some supper at night



- Weigh yourself and keep a note of this



- Keep a food diary for 1 month



If you keep losing weight, or find it difficult to put weight, **Speak to your GP** and ask for a referral to a Dietitian.