

But isn't a high-calorie diet bad for people?

If you are underweight you need to boost your calorie intake. Healthy eating messages about five-a-day, obesity and cholesterol don't apply when you are underweight.

But do consult your doctor or practice nurse if you want reassurance. Diabetics should not add sugar or honey to their diet.

One easy thing you can do to make a real difference:

High-calorie (fortified) milk

1. Take one pint of **full cream** milk
2. Add 2 tablespoons of milk powder
3. Mix well
4. Store in the fridge and use throughout the day.
5. Use when making porridge, milk puddings and milky drinks.

This increases your consumption of protein and calories very simply and without too much effort.



Useful contacts

Frozen meals delivered to your door:

Derbyshire County Council may be able to put you in touch with local suppliers who can deliver meals to your home.

Contact **Call Derbyshire** on **08456 058 058***.

Wiltshire Farm Foods - **0800 773 773**

Oakhouse Food - **0845 643 2009**

Other contacts

Call Derbyshire on **08456 058 058*** to get in touch with our adult care service if you need help or support yourself or for someone else.

British Dietetic Association
www.mindthehungergap.com and
www.bda.uk.com

Age UK
www.ageuk.org.uk or free helpline **0800 169 65 65**
for advice and local contacts for Age UK Derby and Derbyshire.

NHS
www.nhs.uk and search for 'over 60 and underweight'

More information

For a more detailed booklet, called *eat well: a guide for older people who are underweight*, call **01629 538223**.

*An average three-minute call costs 10p for BT customers. Charges from other suppliers vary. If you don't want to use the 0845 number you can telephone 01629 533190.



Improving life for local people

Written and produced by Public Relations, Chief Executive's Division,
Derbyshire County Council.

how to eat well



A short guide for older people who are underweight



Improving life for local people

How do I know if I am underweight?



Other signs to look out for:

- Finding it hard to keep warm
- Suffering from diarrhoea or constipation
- Having dizzy spells
- Suffering from dry skin or pressure sores
- Eating and drinking less than usual
- Having problems swallowing and chewing
- Getting frequent infections
- Finding it hard to shake off colds and infections.

I don't feel like cooking or eating a big meal.

You don't have to.

Try these tips:

- Have three small meals with snacks and milky drinks in between
- A light meal is as good as a big, cooked dinner. Try scrambled eggs or beans on toast
- Try not to have a drink just before a meal as this may fill you up
- Try to include a pudding once or twice a day
- Add variety to your diet and try to include your favourite foods
- Consider using ready prepared meals and convenience foods if you find meal preparation difficult
- Try to ensure that you have a well-stocked freezer and store cupboard
- Individually portioned items such as mini-cakes or desserts will minimise wastage
- Companies such as Wiltshire Farm Foods and Oakhouse Foods can provide frozen meals direct to your door
- Most supermarkets offer a delivery service
- Allow family and friends to help you with shopping and mealtimes
- Add double cream to soups, sauces, cereals, puddings and mashed potatoes
- Fats and sugars are a good source of energy, so use them generously to increase the amount of calories you eat.



Why is being underweight bad? I thought obesity was the main health problem?

Being underweight makes you more susceptible to health problems and leads to avoidable hospital admissions.

Problems include:

- Making you more prone to infections
- Tiredness
- Dizziness
- Depression
- Digestion problems
- Lack of energy.

Eating properly and maintaining a healthy weight will:

- Keep bones strong
- Maintain muscles
- Keep bowels regular
- Help you think clearly
- Boost energy.