WHAT IS MALNUTRITION?

Malnutrition is a condition which happens when you don’t get the right amount of nutrients and energy from your diet.

It develops when you eat less than what your body needs resulting in weight loss that was not planned.

WHY DOES MALNUTRITION MATTER?

Malnutrition can cause a number of negative side effects and poorly affect your health. This includes:

- Loss of muscle mass and strength
- Higher risk of falls
- Higher risk of illness and infection
- Low energy levels
- Higher risk of hospital re-admission
- Slow wound healing and recovery from illness
- Lower quality of life
- Less independence and ability to carry out daily activities.
HOW DO I KNOW IF I AM AT RISK OF MALNUTRITION?

Common signs of malnutrition:

- Loss of appetite - feeling full quickly, not eating as much as you normally would, no interest in food.
- Unplanned weight loss - even a small amount of unplanned weight loss can increase your risk. This may be noticed through loose fitting clothes, jewelry or dentures.
- Fatigue and lethargy
- Change in mood.

WHERE CAN I GET HELP?

A Dietitian can help improve your eating and diet to meet your needs and preferences.

If you think you could be malnourished or at risk of malnutrition, contact your GP or Dietitian for further advice.
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