

# Am I malnourished?

Ask yourself the following questions...

Have you been eating less than usual?

Have you had to tighten your belt buckle recently?

Is your face looking drawn?

Have you lost weight without meaning to?

Do you have a reduced appetite?

Are your clothes or jewellery becoming loose?

Have your family or friends recently told you that you look like you've lost weight?

***If you answered "yes" to any of these questions, you could be malnourished.***

*Talk to your doctor or nurse who can refer you to a dietitian, who will be able to make personalised recommendations to ensure you are well nourished.*

**Malnutrition Week** ANZ #MalnutritionWeekANZ

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