

Am I malnourished?

Malnutrition is often thought of as something that only affects the elderly, but it can come in many shapes and sizes, sometimes affecting the most unlikely of people.

Malnutrition occurs when a person does not consume enough energy (calories/ kilojoules) or protein for their body's needs, potentially due to increased nutritional requirements of being unwell or not eating enough. Identifying and treating malnutrition early is crucial in avoiding outcomes like muscle wasting, reduced immunity and extended hospital stays.



So, how do you know if you're malnourished?

Ask yourself the following questions...

Have you been eating less than usual?

Do you have a reduced appetite?

Have you lost weight without meaning to?

Have you had to tighten your belt buckle recently?

Is your face looking drawn?

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 should flag it with your doctor or nurse who can refer you to a dietitian. Your dietitian will be able to assess your current nutritional status and make personalised recommendations to ensure you are well nourished.

Malnutrition Week ANZ #MalnutritionWeekANZ

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