

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?

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

Do you have a reduced appetite?

Are your clothes or jewellery becoming loose?

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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Eat to beat – or treat – malnutrition

When you are ill, your nutrition requirements usually increase. For this reason, a high protein high energy (HPHE) diet is often recommended to prevent weight loss (or help with weight gain if necessary), build strength and aid in a quick recovery. While you are in hospital, it will help to:



- 1 Eat meat, poultry, seafood and eggs first.** These foods are rich in muscle-building protein.
- 2 Sip on milk-based or oral nutritional supplement drinks throughout your meal.** These drinks provide both protein and energy.
- 3 Eat dessert next.** Sweets provide a lot of energy for their small size, which is beneficial when trying to increase energy consumption.
- 4 Eat bread, potato and grains (oats, barley, rice) next.** These foods offer energy-giving carbohydrates to help you feel full.
- 5 Eat vegetables at the end of the meal.** Although they're very good for you, they don't provide the energy and protein you need most at this time.
- 6 Drink tea, coffee and water last.** Although hydration is important, these calorie-free fluids offer little nutrition, so you don't want to fill up on them at mealtimes.



Have questions or concerns?

Ask to speak to a dietitian. They will be able to provide individualised nutrition advice for your current medical situation and recommendations for when you are out of hospital.

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