

Nutrition and Hydration Week

13th - 19th March 2023



Hertfordshire
Independent Living Service
Supporting your independence



It's hard to believe that more than 10% of people over the age of 65 in the UK are affected by, or at risk of malnutrition. That amounts to over 1 million older people. Nutrition and Hydration Week aims to raise awareness about the role food and drink plays in preserving our health and wellbeing.

How to spot the signs

Malnutrition in older people commonly means being **underweight and/or undernourished**.

Eating a balanced and nutritious diet with plenty of food rich in fats and protein can prevent further weight loss, and ensure we get the nutrients and energy we need in our bodies. Unintentional weight loss can be a sign of malnutrition.

Brittle and thin hair

Jewellery such as rings and bracelets are loose

Clothing is looser, especially around waists and collars

Cupboards are empty or foods are out of date

Joint and bone pain

Loss of appetite

Dentures and glasses no longer fit

Seeming more tired and lethargic

Becoming ill more often and recover very slowly

Did you know that HILS can help clients maintain a healthy weight?

HILS provides nutritionally balanced and varied meals on wheels with menus designed by in-house nutritionists to ensure every client has the nutrients, vitamins, and energy to support good health.

If not spotted and treated, these early signs and symptoms of malnutrition can lead to further consequences such as:

- Malabsorption
- Muscle loss and poor mobility
- More frequent and longer hospitalisation
- Confusion and feeling lethargic

Check out our daily tips at:

HertsIndLiving  @HertsIndLiving  #NHweek

Contact us on:

0330 2000 103 or
visit www.hertsindependentliving.org

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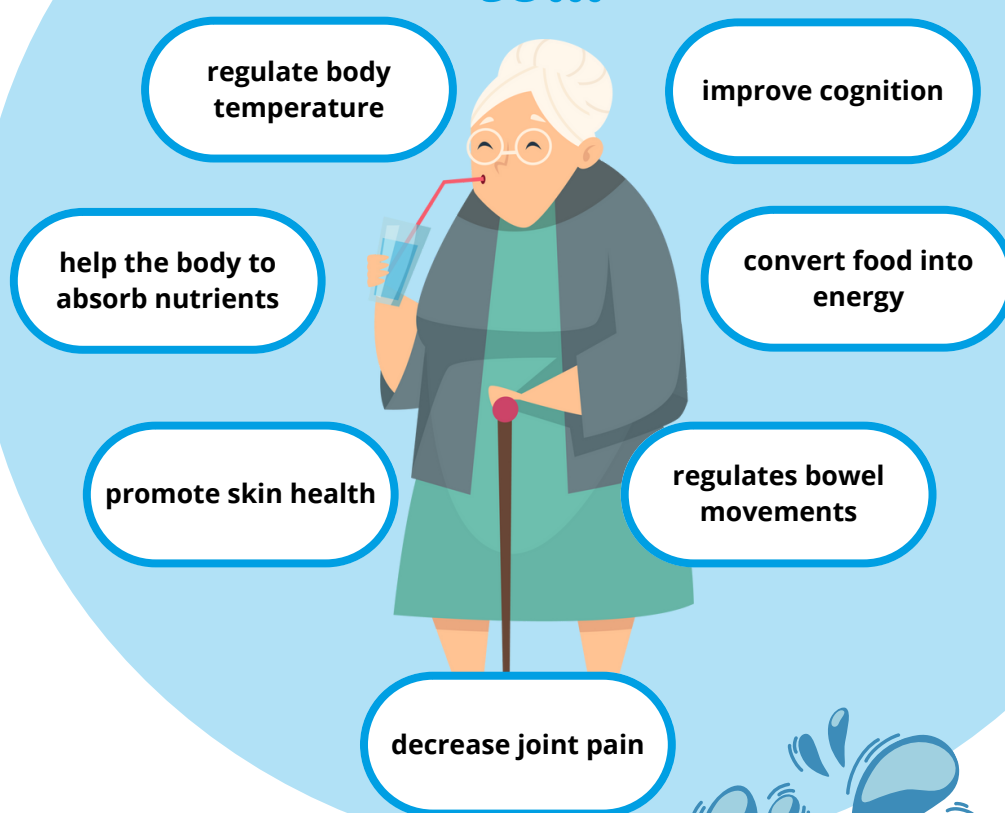


Fluids play a vital role in our health and quality of life. As we age our bodies retain less water which can cause the signs of dehydration to become milder, meaning that we may not feel thirsty until we are significantly dehydrated.

A **lack of fluids** can become serious very quickly among the elderly, with possible effects including:

Dizziness
Increased heart rate
Confusion
Muscle cramps
Fatigue
Increased risk of falls

Hydration can help to...



Hydration in food should not be forgotten!

2 tablespoons of mashed potato = 70ml

Cauliflower cheese (90g) = 70ml

Side salad (100g) = 95ml

Rice pudding (200g) = 160ml

Did you know our drivers can make our clients a drink during every visit?



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