



# Noticed unintentional weight loss?

If you've lost your appetite or are losing weight unexpectedly, there are a number of small things you can do that may encourage you to eat more.

- If you have a small appetite, eating small meals and snacks six times a day is as good as three main meals.
- Build regular snacks into your day, for example around a favourite TV programme.
- As you're trying to put on weight, full fat foods like milk and yoghurt are the ones that you should be opting for.
- Try adding butter, cheese or double cream to meals and sauces. This is an easy way to add extra calories without adding volume to food.
- Think about the types of food you enjoy and eat small portions of these foods.
- Aim for 6-8 drinks a day. Try full fat milk based drinks like milky coffee, and drink fruit juices.
- If your teeth or dentures are causing you pain or making it hard to eat, make an appointment with your dentist.

If you have noticed unplanned weight loss, it's important to speak to your GP or healthcare professional. You can also visit [www.malnutritionselfscreening.org](http://www.malnutritionselfscreening.org) and complete a simple, five minute test that will help you find out more about your weight. If you are diabetic or on another special diet, please check with your GP before making any changes to your diet. For more information, visit [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk)



**Malnutrition Task Force**  
Eating and drinking well in later life