

Eating and Drinking Well

Eating and drinking well helps us to stay healthy and prevent malnutrition but this can become more difficult as we age. This resource offers advice to help you stay well nourished and hydrated.

Drinking Well: How Much is Enough?

In general everyone should aim to drink around 1600-2000ml (3-3.5 pints) of fluid per day.

Many things can influence how much we need to drink such as body size, temperature or illness.

Feeling thirsty is often a good sign that someone needs a drink but this sensation can be reduced for people with memory issues so it's important to be on the look out for the signs of dehydration.

2000ml (3.5 pints) is equal to...



Teacup (150ml)
~13 cups/day



Mug (250ml)
8 mugs/day



Glass (200ml)
10 glasses/day

Dehydration can be difficult to spot. Look out for...

Increased
confusion or
irritability

Dizziness/Falls

Dark coloured
urine

UTI's and/or
Constipation

Poor skin health
or pressure sores

Top Tips

- Choose drinks that you prefer
- Make sure drinks are always available and within reach
- Use prompts like notes on the fridge or alarms if you need reminders to drink
- Have a full glass to drink when taking medication instead
- Make it social - sharing a drink with someone can remind you to drink
- Choose hydrating foods or snacks along side drinks (see the boxes below for ideas)
- Watch out for signs of swallowing difficulties (e.g. coughing or drooling when drinking) and contact your GP if needed

What Counts?

All fluids count towards our total fluid intake except alcohol

Try

- Water
- Diluting juice
- Milk
- Fruit juice
- Tea/coffee
- Hot chocolate

Food also counts towards our total fluid intake. Look on the next page for some hydrating food ideas

Hydrating Snack

Fruit salad cups -
use a mix of fruits
to add variety

Hydrating Snack

Cucumber or celery
sticks and hummus
or cream cheese

Hydrating Snack

Soup shots - serve
smaller portions of
a favourite soup

Hydrating Snack

Yogurt with fruit -
add extra fruit such
as melon or mango

Hydrating Foods

Foods with a higher water content all count towards total fluid intake
Try including

- Soups
- Sauces
- Fruit
- Ice lollies
- Stews
- Jelly
- Vegetables
- Ice cream



What is Malnutrition?

Malnutrition (or undernutrition) occurs when a person does not eat enough to meet their nutritional needs.

People with memory issues can often be more likely to become malnourished due to difficulties with poor appetite, taste changes or remembering to eat regularly.

Malnutrition can have a significant impact on health so it is important to be on the look out for any changes to eating habits.

17% of older people in Scotland could be at risk of malnutrition

Malnutrition is often a silent and hidden issue that goes undetected and untreated.

Malnutrition can be difficult to spot. Look out for...

Losing weight without meaning to

Loose clothing, jewellery or dentures

Poor appetite or eating less than usual

Becoming ill more often

Loss of strength or struggling with daily tasks

For a poor appetite

- Having small meals and snacks throughout the day can make it easier to eat more
- Choose more nutrient dense meals, snacks, and drinks - think foods with more calories, protein, vitamins and minerals
- Have snacks and puddings between and after meals
- Try finger foods that can be grazed on throughout the day
- Choose nourishing drinks such as fortified milk, smoothies and milkshakes between meals
- Try to get some fresh air if able - even opening a window can help
- Fortify meals, snacks and drinks to increase the nutritional value (see the box below for tips)

Fortified Milk

Add 4 tablespoons of skimmed milk powder to a pint of full fat milk to add 173kcal and 17g of protein.

You can use the milk throughout the day as a drink or in tea, soups, puddings and sauces

Finger Food Ideas

Chicken pieces
Cocktail sausages
Nuts
Cheese cubes
Vegetable sticks
Dried fruits
Boiled egg slices
Crackers
Pastries
Rice cakes
Cold meats

Food Fortification

You can add small amounts of more nutrient dense food to meals, snacks and drinks to improve the nutritional value

- Add full fat milk or cheese to soups, pasta, potatoes, eggs, porridge, and puddings
- Skimmed milk powder can be added to full fat milk, puddings, soups, sauces or foods like mashed potatoes or scrambled eggs
- Dried fruit and nuts can be added to cereals and porridge
- Add tinned meat, fish, beans, ground nuts and lentils to soups and sauces
- Add mayonnaise, salad cream to salads and sandwiches

Simple Snack
Cheese and biscuits

Simple Snack
Scone with butter and jam

Simple Snack
Pot of custard or rice pudding

Simple Snack
Handful of nuts or raisins

Recipes and More Support

Try the recipes below to help you eat and drink enough. All recipes make one portion and can be further fortified if needed.

Berry Smoothie

Ingredients

80g frozen berry mix (available in most supermarkets)
150ml apple juice or milk (depending on preference)

Method

Place all ingredients in a blender and blend until smooth
Add more berry mix for a thicker smoothie



Super Peanut Butter and Banana Shake

Ingredients

200mls full fat milk
1 tbsp smooth peanut butter
1 tbsp skimmed milk powder
1 banana
1 small tub (150g) yogurt (any flavour)

Method

Place all ingredients in a blender and blend until smooth



Creamy Tomato Soup

Ingredients

1 tsp butter	125ml chicken stock
1tsp olive oil	35ml double cream
¼ chopped onion	2 tsp dried basil
½ tin chopped tomatoes	Salt and pepper to taste

Method

Heat the butter and oil in a pot over medium heat
Stir in onions and cook until tender
Mix in tomatoes and basil, pour in the chicken stock and season with salt and pepper
Reduce heat to low and simmer for 15 mins
Blend until smooth with a hand blender or don't blend for a chunkier soup
Take off the heat and gradually mix in the cream before serving



What Support is Available?

Eat Well Age Well Advice Line - A dietitian managed telephone advice line that offers free advice about any dietary concerns you may have. Open Mondays, Wednesdays and Thursdays 9am - 4pm. **Call 0131 447 8151.**

Eat Well Age Well Resources - Information on preventing malnutrition, eating with a poor appetite and food fortification www.thefoodtrain.co.uk/eat-well-age-well/resources/other-resources/