Tips for nutrition, hydration and unintentional weight loss

Our caring hands are here to help you with guidelines for your diet, drinking habits and unintentional weight loss, so you can stay happy, healthy and independent at home. We can also arrange monthly wellness checks from a nurse, meetings with a dietician or provide supplements prescribed by a GP or dietician.

Nutrition tips

As we age, our bodies can require less calories, but still need to maintain nutrients. Some easy ways to do that is by:

- choosing foods that are nutritionally rich such as fresh fruits, vegetables, whole grains, lean proteins and healthy fats
- focusing on unprocessed foods as those that are highly processed can increase the risk of illnesses such as heart disease, diabetes and cancer
- including protein, such as lean meats, eggs, beans and nuts in each meal, as they are good for muscles and strength and can assist with mobility
- maintaining your physical activity, as being active helps muscles and bone density which improves overall health

Unintentional weight loss tips

If you feel like you are losing weight without trying, speak with your GP and:

- Increase proteins in your diet
- Eat smaller meals more frequently
- Consider adding snacks such as nuts, cheese or yoghurt in between meals
- Choose nutrient rich foods and avoid highly processed foods
- Keep hydrated
- Ask for a referral to a dietician, or if you have swallowing concerns, a speech pathologist
- Visit the dentist for an annual check up

Hydration tips

Sometimes when we get older, we don't feel the need to drink as much fluids as we may have previously drank.

As a general guide, you should aim for around 8 glasses per day, that's between 1.5 and 2 litres.

While the exact number of fluids needed is different for everyone depending on your size, activity levels and medical conditions, you can ask your GP or dietician to recommend an amount for you based on these factors.

You can include water, teas and soups in your daily fluid intake.

Try hydrating foods such as cucumber and watermelon if you are struggling with this, and remember during the hotter months to increase your overall fluids.

You are not drinking enough fluids if:

- your mouth is dry
- your urine is dark in colour
- you feel tired and weak
- your lips are dry and/or cracked
- you are more confused and irritable
- you are not passing as much urine
- you have headaches or feel dizzy
- you are constipated

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