

Malnutrition Myth Busting

Use this as the basis for a fun quiz on nutrition!



UK MALNUTRITION
AWARENESS
WEEK

#MAW2018

Your appetite can get smaller as you age

TRUE: But this doesn't mean that you should eat less. If you can't manage big meals, you can try having small, frequent meals and snacks with high energy and protein food and fluids.*

It is better to weigh less as you get older

FALSE: Older people, particularly those who are 70+, may need the extra energy reserves to fight off disease and recover more quickly from injuries.

Sugar and fats are bad and should be avoided

FALSE: These are usually necessary parts of a healthy, balanced diet if eaten in moderation. They are particularly important if you are losing weight unintentionally.*

It is normal to get thinner in later life

FALSE: It is not normal to lose weight as you age. It is important to maintain a healthy weight. If you are in any way concerned about your weight, or the weight of a loved one, you should speak to a healthcare professional.

Drinks high in caffeine do not count towards good hydration

FALSE: All drinks will help you stay hydrated, including tea and coffee. Even some foods such as jelly and soup will help!

*Please consider seeking medical advice before changing your diet



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