“Our body is the only one we’ve been given, so we need to maintain it; we need to give it the best nutrition.”

- Trudie Styler

Malnutrition Awareness Week™
September 18-22, 2023

Are you or your loved one experiencing any of these?

- Unplanned Weight Loss
- Loss of Appetite
- Not Able to Eat or Only Able to Eat Small Amounts
- Feeling Weak or Tired
- Swelling or Fluid Accumulation

#ASPENMAW23
ASK ABOUT YOUR NUTRITION
MALNUTRITION

What is malnutrition?
- Malnutrition occurs when a person does not consume enough energy (calories/kilojoules) and/or protein for their body's needs.
- Malnutrition can happen to anyone regardless of usual body size.
- Malnutrition commonly occurs when food intake is less than usual, nutritional needs increase and/or when illness negatively impacts absorption of nutrients by the body.
- If there is any unplanned weight loss, especially if rapid, a person should seek healthcare professional advice as they may have, or are at risk of, malnutrition.

Who is at risk?

<table>
<thead>
<tr>
<th>The following factors can put people at higher risk of developing malnutrition:</th>
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<tbody>
<tr>
<td>Aged 65 years and over</td>
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<tr>
<td>Cancers</td>
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<tr>
<td>Chewing/swallowing problems</td>
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<tr>
<td>Dementia</td>
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<tr>
<td>Depression</td>
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<td>Hospital admission</td>
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<td>Inability to shop, cook or feed themselves</td>
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<td>Social isolation</td>
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<td>Surgery</td>
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Malnutrition can lead to...
- Higher infection risk
- Increased falls
- Longer hospital stays
- Loss of strength
- Poor immunity
- Reduced ability to do usual daily activities
- Reduced quality of life
- Shorter life expectancy

Eat to beat malnutrition

A dietitian can help you make changes to your diet to increase your protein and energy intake.

This might include:
- Eating smaller, more frequent meals throughout the day
- When your appetite is good, make the most of the food you eat by choosing foods high in protein and energy
- Follow a high protein high energy diet
  - Include protein at every meal e.g. chicken, fish, eggs, tofu, nuts
  - Choose nourishing drinks e.g. milk, smoothies
  - Enjoy dairy foods regularly (milk, yoghurt and cheese)
- Use oral nutritional supplements when necessary

Supported by Nutricia
Cooking for one or two doesn’t have to be a chore, but can instead be a delightful opportunity to explore culinary skills and meals that are tailored to your preferences.

### Know your portions

- **Protein**
- **Grain Foods**
- **Dairy**
- **Vegetables**
- **Fruit**

Enjoy a wide variety of nutritious foods from the five food groups each day and drink plenty of water!

**Remember to:**
- Vary your veggies and fruit – look to incorporate different colours
- Aim for at least half your grains at least wholegrain
- Choose lean protein sources
- Don’t forget to include calcium-rich foods such as milk, yoghurt, cheese and fortified alternatives

### Plan your meals

- Planning meals for the week can help avoid food waste and make efficient use of your ingredients.
- Write a list before you go grocery shopping to avoid missed items and impulse purchases.

### “Batch” cook

- Prepare “family-sized” or larger portions of meals and refrigerate or freeze leftovers in individual containers.
- This provides you with easy nutritious ready-made meals for later in the week.

### Utilise your freezer

**Freezer-friendly containers are a great way to freeze extra portions of your meals to eat later.** Cook the recipes you love, so there are a variety of meals readily available without the need for frequent cooking.

### Stock your pantry with staples

- Maintaining a well-stocked pantry with the essentials like rice, canned beans and legumes, tuna, pasta, frozen veggies, sauces, spices and herbs ensures you always have the basics on hand to whip up a meal quickly!

### Scale down your recipes

- Reduce time and energy cooking by scaling down recipes to suit your needs. For example, many recipes can easily be halved or adjusted accordingly.
- Consider using time-saving kitchen appliances like air fryers or slow cookers that are designed for smaller quantities.

### Opt for versatile ingredients

- Choose ingredients that can be used in multiple dishes to save money and reduce food waste. For example, a batch of roasted vegetables can be used in salads, as a side dish or added to pasta dishes.

### Get creative with leftovers

- To avoid repeat meals, transform leftovers into new dishes. For example, leftover roasted chicken can be shredded into sandwiches, soups and salads.
- Keep note of the ingredients and meal combinations you like.

### Keep it quick & simple

- Embracing dishes that can be made with minimal pots and pans can help minimise your clean-up and simplify the cooking process. Some great examples include a stir-fry, oven tray bake, pasta and one-pan baked eggs.

### Make cooking enjoyable!

- Whether you’re cooking for yourself or two it can be a relaxing and creative process. Consider trying new recipes, utilising new flavours, and take pleasure in the act of cooking and nourishing yourself or your loved one.

If you’ve recently lost weight without trying, you should see an Accredited Practising Dietitian.
Get the Facts on Osteoporosis, Falls, and Broken Bones

What is osteoporosis?
Osteoporosis is a disease where the bones become thin, weak, and more likely to break. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the arm, wrist, and hip.

How are falls and osteoporosis linked?

- 1 out of 5 falls among older adults leads to serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the arm, wrist, and hip. Most broken hips are the result of a fall.

- Lack of Vitamin D is a risk factor for both falls and broken bones. Daily Vitamin D is linked with reduced falls and fewer broken bones in older adults. Calcium helps keep bones strong. Speak with your health care provider about how much vitamin D and calcium is right for you.

- Regular physical activity and exercises that combine weight-bearing, muscle strengthening, and balance help reduce the risk of falls and improves your bone health.

Take action to prevent osteoporosis and reduce the risk of falling

1. Eat a balanced diet rich in calcium: A few good sources include milk, cheese, canned sardines, and yogurt.

2. Eat foods high in Vitamin D: Vitamin D helps the body absorb calcium and can be found in eggs, milk, and salmon but Vitamin D supplements are available.

3. Get regular exercise and lift weights: Weight-bearing exercises stimulate bone building to increase bone density.

4. Don’t smoke: Smoking reduces blood supply to bones and production of bone-producing cells.
5. **Limit your alcohol:** If you choose to drink alcohol, limit to one drink a day for women and two drinks for men. Those taking certain medications should abstain.

6. **Check for home safety:** Falling increases the chance of a bone fracture. Go through your home and remove clutter or add handrails to reduce falls and accidents.

7. **Talk with your doctor about a bone-density test:** Also known as a DXA scan, this x-ray measures the amount of bone in specific areas of the body and helps determine risk for bone fractures. This scan can help doctors manage your bone loss and prevent fractures.

It is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. To start, use the American Bone Health Fracture Risk Calculator™ to understand your risk for bone fractures in the next ten years and other factors that could impact your bone health.

Visit [https://americanbonehealth.org/ncoafrc](https://americanbonehealth.org/ncoafrc) to take use the calculator or scan the QR code.

Keep your bones strong and healthy to help prevent broken or fractured bones in case of a fall or accident. For more information, visit: [www.ncoa.org/falls](http://www.ncoa.org/falls)

Sponsored by AMGEN
Better Breakfast Month

**History:** The concept of eating a “Better Breakfast” was encouraged by the U.S. Government during World War I and later World War II. Better Breakfast Month was then promoted for the first time in September 1951 by the Cereal Institute.

**What is a Better Breakfast?** A Better Breakfast is one that is well-balanced and able to deliver energy to your body that lasts all morning. A well-balanced breakfast will include at least two of the following: protein (like lean sources of poultry and beef, seafood, hard cheese, eggs, tofu, black beans, pinto beans, chickpeas, plain yogurt, etc), carbohydrate (like fruits, vegetables, whole grains) or healthy fats (like avocado, nuts, olive oil, chia seeds, flax seeds, nut butters, etc).

**Some Benefits of a Better Breakfast for Older Adults:** Prevention of the loss of lean muscle mass through adequate protein intake, intake of a variety of need nutrients, fuels the brain, and helps control blood sugar.

**Instant Egg & Cheese “Bake”**

Recipe Courtesy: https://www.eatingwell.com/recipe/7944800/instant-egg-cheese-bake/

**Servings:** 1

**Nutrition Info:** 279 Calories, 14g Total Carbohydrates, 3g Dietary Fiber, 1g Total Sugars, 19g Protein, 17g Total Fat, 6g Saturated Fat, 386mg Cholesterol, 436mg Sodium, 202mg Potassium

**Ingredients:**
- 1 cup chopped spinach
- 2 large eggs
- 1 teaspoon milk
- 2 tablespoons shredded cheddar cheese
- 1 corn tortilla, warmed

**Directions:**
Coat an 8-ounce ramekin with cooking spray. Add spinach. Microwave on High until wilted, about 30 seconds. Crack eggs on top, drizzle with milk and season with salt & pepper. Sprinkle with cheese. Microwave on High until the eggs are set, about 2 minutes. Serve with tortilla.

*Tip: Pierce the eggs with a small sharp knife to keep the eggs from exploding in the microwave.*