

From Frail to Hale & Hearty

Nutritional Care

Flourishing with Food

Frailty Pit Falls

- Missing meals
- Feeling full quickly
- Loss of appetite
- Digestion problems
- Chewing or swallowing problems
- Nausea and vomiting
- Taste changes
- Tiredness
- Pain
- Alcohol
- Money
- Isolation
- Poor health
- Grief
- Confusion

Features of Frailty

- Loss of muscle mass and body weight
- Decreased mobility and stamina
- Lower immune system
- Poor balance
- Confusion
- Low mood
- Delayed recovery
- Difficulty staying warm
- Breathing difficulties
- Loss of independence
- Loss of concentration
- Skin breakdown



- Finger foods can help if you have shaky hands
- Keep snacks out as a reminder to eat them
- Frozen meals are an excellent standby
- Get treatment for constipation, diarrhoea or reflux
- Light exercise and fresh air can stimulate your appetite
- Use plates and bowls that contrast in color to your meal
- Try cold picnic style meals if you have nausea
- Begin with small meals and snacks every 2-3 hours
- Try soft or fork mashable textures if chewing or swallowing is a problem
- Avoid drinking with meals if you get full up quickly
- Cooking/eating with others stimulates appetite
- Add extra calories to fortify drinks, meals and snacks
- Choose high calorie foods, drinks and snacks (Avoid 'diet' or 'low fat')
- Avoid a dry mouth-stay hydrated, rinse your mouth and brush your teeth
- Not feeling hungry does not mean you don't need to eat



Alzheimer Scotland
Action on Dementia



This information sheet has been written by a dietitian to guide you in identifying causes and features of potential frailty. It provides suggestions to support anyone you are concerned about through some simple dietary measures. If you feel Dietetic input would be helpful, please request referral to your local Nutrition and Dietetic Department via a health professional such as your GP or Practice Nurse.

Flourishing with Food

Fortify all your meals to make every bite high in energy and protein.

It can be a challenge to eat sometimes, especially if you have been unwell or lost your appetite.

Even if you don't feel hungry, your body always needs daily nutrition to prevent you losing weight and muscle.

Frailty is when you have lost a lot of weight and muscle mass, leaving you feeling weak and tired and making daily activities of living much more difficult.

How to get from Frail to Hale and Hearty

Look over the green steps in the infographic over the page. This section has lots of simple ideas and tips to get you started and back to regular eating.

We have provided some suggestions for how you can use food to build your strength back up:

Mix, drizzle, crumble or top these into your soups, main courses, sauces, vegetables and puddings:

Double cream (or spray cream), creamy yogurt, mayonnaise, scrambled egg, omelette, suet dumplings, grated cheese, cream cheese, olive oil, hummus, tahini, peanut butter, fruit pie filling, meringue, chocolate spread, honey, syrup, jam, lemon curd, condensed milk, grated marzipan, nuts and seeds, coconut cream, dessicated coconut, dried fruit.

Small but Mighty Meals and Snacks

Creamy porridge, granola.
Kipper, smoked fish with a poached egg on top, fish in creamy sauces.
Slice of quiche, sausage roll, bridie, burger on a bun, smoked sausage, Scotch egg, Scotch Pie, Macaroni Pie, Cornish pasty, Chicken Kiev, pork pie.
Potato waffles, filled toastie pizza, fish cakes, fish fingers, corned beef hash, baked potatoes, sandwich/roll/wrap, bowl of soup.

Add these side dishes to your meals and snacks

Sliced avocado or guacamole, baked beans, coleslaw, potato salad, egg mayonnaise, fried egg, boiled egg, roast potatoes or chips, creamy mashed potatoes, packet of crisps, macaroni and cheese.

Bread and butter, buttery, croissant, garlic bread, fried bread, eggy bread, potato scone, naan bread, croutons.

Lentil dahl, olives in oil, roast vegetables, fried onions, sweetcorn, sliced chorizo, deli meats, sundried tomatoes, creamed spinach, cauliflower cheese, spring rolls, prawn cocktail, mushy peas, onion rings, onion bhajis, cous cous, fried rice, tuna mayonnaise, pate, Coronation chicken, haggis, black pudding, white pudding, fruit pudding.



Frailty Fighting Fluids

Water has no calories or protein, so hydrate with these types of fluid:



Royal Milk Tea (tea made with all milk)
Milky coffee
Butter tea or Butter coffee
Hot chocolate
Malted milky drinks
Hot milk with honey

Milk shakes
Yogurt drinks
Kefir
Ice-cream float (add ice cream to full sugar lemonade or cola)

Fruit juice
Fruit smoothies
Bovril
Soup
Jelly

Helpful links

- **A website with resources on dining, eating and drinking**
www.connectingpeopleconnectingsupport.online
- **Eating well with Dementia – A Carers Guide (NDR-UK leaflet)**
www2.gov.scot/Resource/0044/00449379.pdf
- **Carers UK – leaflet for carers on nutrition and dementia**
www.carersuk.org/help-and-advice/health/nutrition/dementia-and-nutrition
- **Allied Health Professional self-management information:** www.alzscot.org/ahpresources