

EATING, DRINKING AND AGEING WELL

In the UK, it is estimated that there are 3 million adults and 1 million older people are malnourished or at risk of malnutrition.

In Manchester 14% of our people are at risk.



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As you get older you need to choose foods with more:

- **Protein** – this is good for muscle strength. Try to have a portion with each meal. Protein is in meat, fish, eggs, quorn, soya, pulses, nuts and seeds.
- **Calcium** – an essential mineral for healthy bones, muscles and nerves. Try to have 3 portions a day. Glass of milk, matchbox sized piece of cheese, pot of yoghurt or handful of almonds.
- **Folate** (folic acid) – in leafy greens, beans and lentils.
- **Vitamin B12** – this is good for energy levels. It is in yeast extract, lean meat, fish, eggs, milk and some breakfast cereals.

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The value of snacks between meals.

If you are only managing small meals or your appetite is small, eat little and often.

Higher energy snacks, such as peanut butter on toast can help give you a boost.



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Too tired to cook?

Here are some healthy ideas to have on toast...

- **Avocado and egg** - high in protein
- **Banana** with a sprinkle of cinnamon - great source of potassium and energy
- **Greek yoghurt with sliced strawberries and honey** - great for protein, vitamin C and antioxidants
- **Cottage cheese and sliced cucumber** loads of black pepper - great for protein, calcium and antioxidants
- **Tinned sardines or mackerel in tomato sauce** - great for your heart as it contains good fats

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Did you know brightly coloured plates help stimulate appetite?

Try using blue, yellow, red or green – they have all been shown to help increase appetite.



Brown Masoor Dhal Recipe

Thank you to Zhera for providing this recipe

- 300g brown lentils (washed)
- 1 litre water
- 100g butter
- 6 garlic cloves, crushed
- 1 tsp salt
- 1 tsp cumin seeds (ground)
- 2 chillies, finely chopped
- 1 tsp garam masala
- 1 tsp paprika
- handful of fresh coriander

Add lentils to boiling water. On a low heat, simmer with the lid on until the lentils are soft and tender.

In a separate pan melt the butter and add the crushed garlic, cook until brown. Add this to the cooked lentils with the salt, chillies, cumin seeds, garam masala and paprika. Allow to simmer for about 10 minutes.

Garnish with the coriander. Serve on its own or with a chapati or naan bread.

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*Aim to have 6 to 8 drinks per day,
unless otherwise advised. It
doesn't have to be water, other
drinks count.*

*Try to have your drinks after or
between meals so not to impact
your appetite*

*Don't wait until you are thirsty
to have drink.*



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Pina-Nolada Mocktail

- 1150ml pineapple juice
- 50ml coconut milk
- 25ml lime juice
- Fruit to garnish (optional) - pineapple, cherry or coconut
- Ice



1. Pour the pineapple juice into a tall glass
2. Add the coconut milk and lime juice and stir gently
3. Fill up the glass with a handful ice
4. Garnish with fruit

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For a burst of energy and some fibre, why not have a handful of dates? Just four dates is 81 Kcals.

Why not try something new? Add some dried fruit to your rice or porridge.



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Rachel's Date and Banana Porridge

- 2 dates
- ½ ripe banana (these can be peeled when ripe and frozen in sandwich bag)
- 170ml whole milk
- 30g oats

De-stone and chop dates, add to a small pan with 150ml water. Mash the banana into the mix. Stir regularly until you have a nice syrup.

Add the oats and milk and bring to a gentle simmer. Cook for 10-15 minutes until the oats are tender.

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Losing weight is common in people with dementia. If you require a few extra calories, why not try a smoothie?

They can be green, fruity or indulgent with some blitzed up biscuits and condensed milk.



Fruit Smoothie Recipe

This recipe makes approximately 265kcal and contains 2g protein, vitamin C, antioxidants and potassium.

- 150ml of orange juice
- 1 banana
- 2 teaspoons of honey
- 4 tablespoons of tinned peaches (in syrup)



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Fortified milk can boost your protein and calorie content. -add to drinks, soups, sauces, cereals and puddings

Mix 2-4 tablespoons of dried milk powder to a little milk, stir to make a smooth paste. Add the rest of the milk to make 1 pint.

Keep fortified milk in the fridge.



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Nourishing Drinks

Simple Milkshake

- 200ml fortified milk
- 1 scoop of ice cream or 1 small yoghurt
- Fresh fruit or flavoured milkshake powder

= Approximately 300kcal and 10g protein

Chocolate Dream

- 200ml fortified milk (warm)
- 1 tablespoon drinking chocolate
- sugar to taste

= Approximately 230kcal and 17g protein.

