

# Eating for Fun & Independence

## Nutrition & Dietetics

As we get older our lifestyles and appetite can change which can affect the types and amounts of foods we eat, increasing the risk of losing weight and not getting enough nutrients. There can be several reasons for this, like lack of interest in shopping, cooking, eating alone, feeling tired, chewing difficulties, or any number of chronic health conditions.

Often, we think that weight loss is a sign of improved health. However, this is not the case. Not eating enough not only means poor nutrition and weight loss, but it often also means loss of body muscle which is important. When body muscle is reduced, this means loss of strength which affects the ability to carry out everyday activities and may result in loss of independence. Minimising muscle loss will help to maintain strength, mobility, and independence.

You may also be surprised to know that extra weight will help to protect older people from the effects of illness and injury. Any extra weight carried will help to see one through illness and times when appetite is poor. Losing weight without trying maybe a concern.

### When should I be concerned about my nutrition and seek help?

#### If you find that:

- Your appetite is not what it used to be
- You are losing weight without trying (loss of 3-5kg/ ½ - 1 stone within the last 6 months)
- Your clothes or jewellery are getting looser
- You are confused about what to eat due to multiple chronic health conditions or
- You have any concerns with chewing or swallowing.

Have a chat with one of our friendly Dietitians. At DPV Health, our Dietitians understand that there is no one-size-fits-all approach to improving health. With compassion and encouragement, they listen and work with you to support your health and wellbeing to achieve your goals. The Dietitians offer face to face and telehealth appointments, as well as home visits.



**Elaine Hadj**  
Nutrition & Dietetics  
Team Leader



### DPV Health Dietitians also offer fun educational activities and nutrition support, including:

- Upcoming cooking programs like 'How to Cook on a Budget' or 'Cooking for One or Two'.
- Information for home delivered meals (like Meals on Wheels).
- Label reading and supermarket tours.
- Prescription of nutrition supplement drinks to help improve nutrition.

### Keeping strong, healthy, and independent is about:

- Eating better and not less
- Making every mouthful count
- Enjoying your meals and
- Nourishing Foods means Better Health and Independence.

To book an appointment with a dietitian call:



**1300 234 264** (select option 4)  
or download the brochure [here](#)