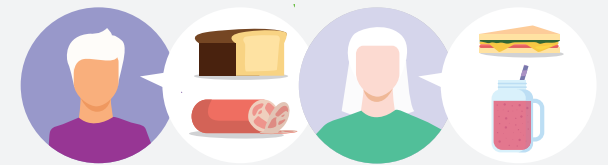


Let's Talk About Your Nutrition



Malnutrition occurs when the body doesn't get enough of the right nutrients, in the right amounts. Anyone can get malnutrition but in Ireland it usually occurs in people who are unwell. Malnutrition is recognised as a big problem in Ireland. If not detected early, malnutrition can **delay your recovery** and lead to **long-term health effects**.

Know when to speak to your healthcare professional about your nutrition.

YOU'RE DOING OK IF YOU CAN SAY...



I feel well, I'm eating normally and have the energy to do the things I enjoy



TAKE ACTION IF YOU MIGHT SAY...

I'm not finishing my meals like I used to..

My clothes feel too big and don't fit like before..

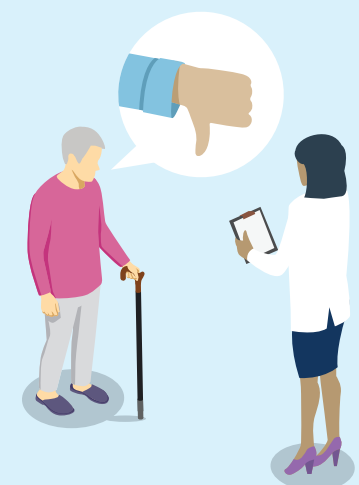
I have no interest in cooking or eating lately..

I'm losing weight without trying to..

I don't have same energy as I used to..

If you notice these signs...

Don't wait to be asked about your nutrition. Keep an eye on how you've been eating and feeling. If you notice any of these signs, **speak to your doctor, nurse or dietitian**.



For more information please visit www.indi.ie/what-is-malnutrition or use the camera on your phone to scan the QR code.



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