

# Simple Steps to Stay Nourished

## Take Charge of Your Health with Small Changes

- Talk to your doctor and a registered dietitian if you notice changes.
- Eat meals that have protein, fiber, and healthy fats.
- Drink plenty of fluids.
- Try smaller frequent meals if you aren't feeling hungry.
- Use fortified food and supplemental shakes if needed.
- Join a local lunch club.



## Looking to Get Connected?

South Carolina has 10 regional Area Agencies on Aging that can connect you to food and nutrition programs and resources. To find your regional Area Agency on Aging, scan the QR code or visit [GetCareSC.com](http://GetCareSC.com)



**GetCareSC.com**



**803-734-9900**

**1-800-868-9095**



**[www.aging.sc.gov](http://www.aging.sc.gov)**



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South Carolina  
**DEPARTMENT  
ON AGING**



Nourish to Flourish  
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**DEPARTMENT  
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# Malnutrition Awareness

*Recognize. Prevent. Treat.*



# What is Malnutrition?

Malnutrition profoundly affects health, function, and even longevity.

This pamphlet focuses on identifying and treating undernutrition.

Malnutrition means 'poor nutrition.' A person is 'malnourished' when they have not eaten enough (undernourished) protein, calories, or other nutrients.

Malnutrition is a significant problem for both underweight and overweight or obese individuals. One in four older adults are at risk for malnutrition or are malnourished.

## You may be at risk if you...

- Live alone
- Take several medications
- Have trouble chewing
- Have poorly fitting dentures
- Are recovering from illness or surgery
- Struggle to afford food
- Have difficulty shopping or preparing nutritious foods

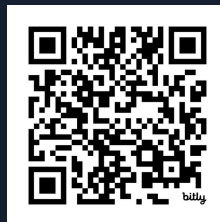
## Could This Be You?

### Watch for These Signs:

- Unplanned weight loss
- Feeling less interested in eating
- Muscle weakness
- Feeling tired all the time
- Increased falls and fractures
- Wounds taking longer to heal
- Getting sick more often

## Malnutrition Screening

- Lost weight without trying?
- Poor appetite?



Scan the QR Code to check your Malnutrition Risk

## How Can I Get Support?

You don't have to do this alone.

There are people and programs ready to help you!

- Registered Dietitians
- Home-delivered meals
- Local senior centers with meal programs
- Food pantries
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Farmers' Market Nutrition Program

Speak up.

Talk to your healthcare provider about your malnutrition risk score. It's an important part of your care.

