

Department of Food & Nutrition: Clinical Nutrition

Malnutrition Facts

KNOW THE SIGNS

Key signs that you or a loved one may be malnourished:



Unplanned weight loss



Eating less than normal



Slow-healing wounds



Feeling tired



Muscle weakness



Constant nausea, vomiting, or diarrhea



Swelling in your ankles, legs, or belly



Getting colds/infections often

WHY IT MATTERS

Malnutrition may lead to:



Higher risk of falls and broken bones



Higher need to rely on others for simple tasks



Higher risk of illness



Longer hospital stays



Higher stress levels



Higher death risk

You may be at risk if you have:

- A Chronic Illness
- Heart Disease
- Cancer

If you think you may be at risk, speak with your doctor.

WAYS TO BOOST YOUR MEALS

Keep in mind, not all steps may work for you.

Speak with your doctor before making any changes.

- Don't skip meals. Eat small meals every few hours and eat snacks in between meals. Also, try to drink most of your beverages in between meals.
- Consume beverages that add calories instead of diet beverages.
- Drink oral nutrition supplements (ONS) such as Ensure[®], Boost[®], and Kate Farms[®] as a snack to boost calorie and protein intake.
- If you don't drink cow's milk, use plant-based milks, such as soy or coconut milk.
- Add nut butters, avocado, tofu and olive oil to foods when you can.



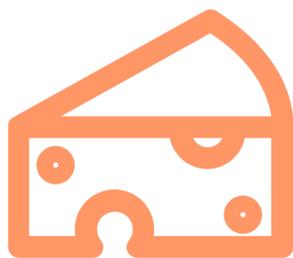
Add more egg whites to scrambled eggs and omelets



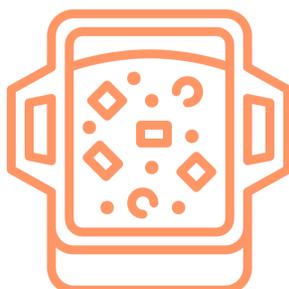
Choose whole milk, half & half, or ONS when eating cereal, oatmeal, or smoothies



Top foods with dried fruit, chopped nuts/seeds, and honey



Add cheese, butter, mayonnaise, avocado, or hummus to foods, such as sandwiches, soups, and rice



Add dry milk to dishes like soups and baked dishes



Top desserts with chocolate sauce, cookies, and candy

Oral Nutrition Supplements



	Kate Farms Standard 1.4	Ensure Plus	Equate Nutritional Shake	Glucerna Original	Boost Breeze
Is this Organic?	Yes	No	No	No	No
Flavors available	Vanilla or Plain	Vanilla, Milk / Dark Chocolate, Strawberry, Butter Pecan	Strawberry, Chocolate, Vanilla	Strawberry, Chocolate, Vanilla, Butter Pecan, Chocolate Caramel	Wild Berry, Peach
Size (fl oz)	11 oz	8 oz	8 oz	8 oz	8 oz
Calories	455 kcals	350 kcals	350 kcals	180 kcals	250 kcals
Protein	20 g	16 g	13 g	10 g	9 g
Places to purchase	Kate Farms Website, Amazon	Ensure Website, Amazon, CVS, Walgreens, Walmart Costco, Publix	Walmart	Walmart, CVS, Walgreens, Amazon, Sam's Club	Boost Website, Amazon, Walmart, CVS
Additional Information	Gluten-Free, Lactose-Free, Kosher	Gluten-Free, Halal, Kosher, Suitable for Lactose Intolerance	Kosher	Gluten-Free, Kosher, Halal, Suitable for Lactose Intolerance	Gluten-Free, Halal, Kosher, Suitable for Lactose Intolerance

HIGH PROTEIN - HIGH CALORIE RECIPES



Creamy Soup

Makes 2 servings.

Ingredients:

10 oz can cream soup of your choice
4 oz heavy cream
6 oz whole milk
4 tablespoons of instant dry milk

Instructions:

In a large saucepan over medium heat, mix in all ingredients until smooth. Strain soup before serving.

Pineapple Lime Frosty

Makes 1 serving.

Ingredients:

1 vanilla oral nutrition supplement (about 8 fl oz)
(for example: Ensure Original or Ensure Plus)
2 tablespoons lime juice
1/4 cup canned crushed pineapples
1/2 cup milk of choice
(for example: whole milk, coconut milk)
Ice

Instructions:

Add all ingredients to blender. Cover and blend well. Pour into a tall glass and enjoy.



HIGH PROTEIN - HIGH CALORIE RECIPES

Chickpea Yogurt Dip

Makes 10 servings.

Ingredients:

- 1 garlic clove
- Two 15 oz cans of chickpeas, rinsed
- 1/2 cup of plain whole milk Greek yogurt
- 2 teaspoons of vinegar of choice
- 1 large pinch of ground cumin (optional)
- 3 tablespoons of olive oil
- Salt and black pepper to taste

Instructions:

Puree all ingredients in a blender until smooth. Serve with crackers, chips, bread, or veggies.



Tropical Green Smoothie

Makes 1 serving.

Ingredients:

- 1 ripe banana
- 1/2 cup frozen mango chunks
- 1/2 ripe avocado
- 1 cup baby spinach
- 1 1/4 cup milk of choice
(for example: whole milk, coconut milk)
- 1/2 teaspoon of vanilla

Instructions:

Add all ingredients to blender. Cover and blend until smooth. Pour into tall glass and enjoy.