



NOT ENOUGH OR NOT THE RIGHT  
**NUTRITION?**

feed **ME**

malnutrition awareness & education

Improve your nutrition.  
Improve your life.

## ASK YOURSELF THESE THREE SIMPLE QUESTIONS:

1

ARE YOU SICK  
OR INJURED?\*

2

HAVE YOU LOST  
YOUR APPETITE?†

3

HAVE YOU LOST WEIGHT  
WITHOUT TRYING?‡

If you answered yes to any of these questions, you may not be getting the nutrition you need. As a result, you may be feeling tired, weak or not able to focus. Or you may be healing or recovering slowly.

Don't wait. Consult your doctor or dietitian and take control of your nutrition today.

\* Jensen GL, Hsiao PY, Wheeler D. Adult nutrition assessment tutorial.  
*JPEN J Parenter Enteral Nutr.* 2012;36:267-274.

† Ferguson M, Capra S, Bauer J, et al. Development of a valid and reliable malnutrition screening tool for adult acute hospital patients.  
*Nutr.* 1999;15:458-464.