# CONSEQUENCES OF MALNUTRITION INCLUDE3

- Reduced muscle strength
- Weakened immune function
- Impaired wound healing
- Poor recovery from illness

In Singapore, around 30% of older adults in the community were found to be at risk of malnutrition<sup>4</sup>.

TAKE CONTROL OF YOUR

### NUTRITION AND FEEL EMPOWERED

If you are concerned about your nutritional status, be proactive and consult your doctor or dietitian for advice. You may wish to check with them too about the use of oral nutrition supplements, which can help fill the nutrient gaps in your diet.



Developed with a global panel of renowned physicians and nutrition experts, **feedM.E.** is a nutrition awareness, education, and call-to-action program designed to highlight the value of good nutrition and optimize health.

### A BETTER LIFE THROUGH BETTER NUTRITION

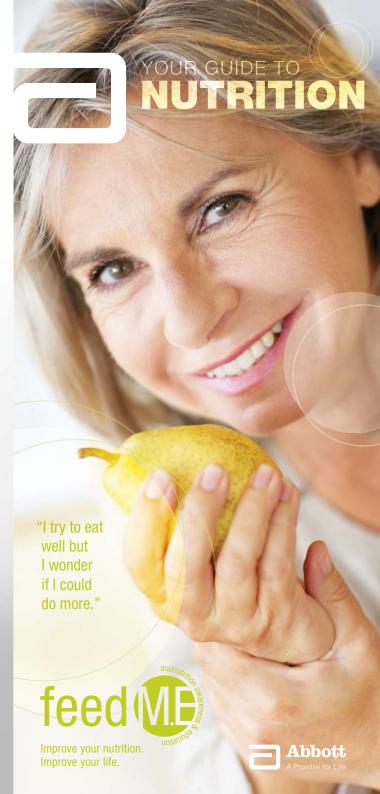
No matter where you're at in life, eating right and caring about your nutrition positively affects your health and quality of life. By being aware and taking action, you'll nourish your mind, body, and spirit...and take charge of your future.

#### References

- 1. 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.
- 3. Saunders J, Smith T. Malnutrition: causes and consequences. *Clinical Medicine*. 2010, 10: 624–627
- 4. Yap KB, Niti M, Ng TP. Nutrition screening among community-dwelling older adults in Singapore. *Singapore Med J.* 2007;48:911-916.

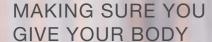
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## NEEDS YOU

Eating right is vital to your body's well being. Making sure you get the right nutrition helps you stay healthy, feel good, and live a full life. But how do you know for sure if you're eating the right foods, eating the right amount, and getting the proper nutrition?



### WHAT IT NEEDS

Like giving a car the right fuel to run optimally, your body needs enough protein, carbohydrates, vitamins, and minerals to function at its best. You get these nutrients from the foods and beverages you consume.

To obtain all the nutrients needed for good health, aim to have a balanced and varied diet using the Healthy Diet Pyramid as a guide.



whole-grain products)

Source: Health Promotion Board

- \* For older adults (>50years)
- 1 serving of Meat & Alternatives should come from dairy or calcium-fortified foods
- 4-6 servings are recommended for the Rice & Alternative food group

### NOT ENOUGH OR NOT THE RIGHT

### **NUTRITION?**

Despite your best efforts, you may still fall short of meeting your nutritional requirements.

The risk of not getting enough or the right nutrition is higher than you might think especially while recovering from an illness or injury. And the consequences are serious.

Ask yourself these three simple questions:

- 1. Are you sick or injured?<sup>1</sup>
- 2. Have you lost your appetite?2
- 3. Have you lost weight without trying?<sup>2</sup>

If you answered yes to any of these questions, you may not be getting the nutrition you need.