

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 malnutrition⁴.

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

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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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YOUR GUIDE TO NUTRITION

"I try to eat well but I wonder if I could do more."



Improve your nutrition.
Improve your life.



YOUR BODY 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?

MAKING SURE YOU
GIVE YOUR BODY

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.



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?¹
2. Have you lost your appetite?²
3. Have you lost weight without trying?²

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