Nutrition Assessment Tool

Step 1

1. Do you eat 3 regular meals each day?
2. How is your appetite?
3. Are you doing any cooking?
4. Do you eat meat and vegetables most days?

1. Mobility issues?
2. Can you stand up for long enough to prepare meals?

NO / Declining

1. Have you lost weight without trying?
2. Are your clothes, jewelry or belt noticeably looser?

YES

More than 5kg over the past 6 months?

Step 2

Explanation:
As you get older it's normal to eat less but the quality of food still needs to be good.

If you don't eat enough protein (meat, chicken, fish, eggs, legumes) this can lead to low energy and your muscles getting weaker making you more prone to falls.

If you can't stand for long enough or aren't interested in cooking, it's often easier to just make toast but this is not enough to sustain good health for very long.

Explanation:
When you're over 65 years old it's healthier to be slightly overweight. It may have been easy to put on weight when you were younger but it can be harder as you get older.

If you lose too much weight without trying it can leave you with no energy reserves to draw on if you become unwell in the future. If you do get sick and can't eat, you lose more weight and may not recover as fast or as well.

Step 3

Explanation:
A dietitian can check over your diet and make suggestions to ensure what you are eating is going to maintain good health.

Dietitians in community health aim to make suggestions that allow you to eat the food you love, that aren't complicated and that will address your nutrition needs. So, it's a win win situation!

If you can't eat enough there are a lot of options for drinks that can help build energy and provide nutrients that you need; a dietitian can help you choose a drink that suit you best if needed.

RED Flags for dietetic intervention:

- Unintentional weight loss
- Social isolation / Living alone
- Poor mobility / Issues chewing or swallowing

each
health . hope . opportunity