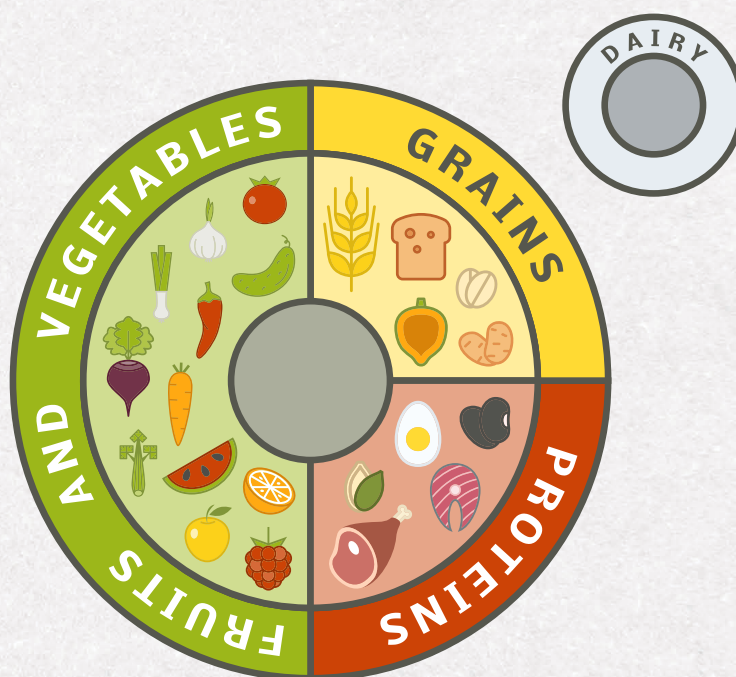


# Nutrition:

## Top tips to stay healthy and avoid falls.

Eat & drink to keep bones strong – if a resident eats and drinks well they can reduce their risk of fracturing or breaking a bone. See the enclosed exercise leaflets to assist in better balance, strengthening muscles and increasing mobility. Calcium helps strengthen bones. Vitamin D assists in the absorption of Calcium. Proteins help maintain muscle mass, resulting in the individual less likely to have a fall. See the 'eat well plate' image below demonstrating a healthy balanced diet.



### Sources of Calcium:

Dairy products, fortified dairy alternatives such as Soya milk, canned fish (with bones), fortified breakfast cereals, and nuts such as almonds.

### Sources of Vitamin D:

Oily fish, eggs and fortified spreads however it is very difficult to get enough from diet. All adults should consider taking a daily supplement of Vitamin D (10mcg a day) to help keep their bones strong.

### Sources of Protein:

Meat, fish, tofu, whey, cheese and yoghurt.



# Hydration

## Top tips to stay healthy and avoid falls.

Dehydration can result in constipation, water infections, poor skin, and increase the likelihood of a fall. It also can make a person feel tired and affect the memory and concentration levels. Consider using a fluid tracking chart to understand how often an individual in your care is drinking and how often they might be urinating.



Ensure the individual eats and drinks plenty. Otherwise they may feel tired, weak and dizzy and in turn increase their risk of falling.

Set a target to try and drink 6-8 drinks throughout the day (that's about 2 litres) it doesn't have to be just water – fruit squash or milky drinks are good choices!

Try to serve more fluid rich foods such as soups, yoghurt, rice pudding, custard, fruit and vegetables and avoid diuretics such as caffeine and alcohol as these can have a dehydrating affect.

If an individual is awake a lot in the night seek advice from GP/local bladder support service – or suggest they drink most of their drinks earlier in the day.

When a person is thirsty they're already dehydrated and as we get older our sense of thirst can reduce. Encourage the individual to drink a little as often as possible to avoid dehydration.