

Hints and Tips for maintaining a healthy lifestyle and a balanced nutritional diet

- > Keep well hydrated – the brain is like any other organ and needs enough fluid to work properly. If you are dehydrated this can add to confusion and tiredness. Aim for 8-10 cups per day
- > Enjoy your food – make sure your diet includes as many different foods as possible. Not only will this help to make meals interesting but will help you to have a good balance of nutrients which is important for mental and physical health.
- > Make eating a social event – try to have meals with friends or family, or why not join a lunch group?
- > Likes and dislikes – the foods you enjoy may change; keep an open mind to trying new foods. Having a list of foods you prefer can help when planning meals or shopping.
- > Add some flavour – if you are finding food is bland try adding some herbs, spices, lemon juice or sauces to add some flavour.
- > Stock up your store cupboard – keep a range of foods which require little cooking or preparation. These can be used at times when you find it difficult to shop or cook. Try including tinned, frozen or packet foods. Remember to rotate them!
- > Keep safe – check food and drinks are stored correctly and do not use them after their 'use by' date.
- > Maintain good oral hygiene – clean your teeth and mouth regularly and if you wear dentures make sure they are well fitting. Regular cleaning helps to maximise the taste of food.
- > Check your weight – it is a good idea to weigh yourself regularly (No more than once a fortnight). Keep a diary of your weight and let someone know if there are any big changes.
- > Don't be afraid to ask for help – if you are concerned about your appetite or weight then speak to your GP or health care professional.