

Hints and Tips for those forgetting to eat and drink

If you are experiencing memory problems remembering whether you have eaten or been drinking enough fluid can become a problem. The following advice may help you to become more aware of what you are consuming:

- > Place a jug or bottle of juice or water on a table nearby or in the fridge to keep cool. Having drinks from this jug or bottle will help you to feel reassured about the amount you are drinking. Alternatively use a different cup for each drink and leave them to one side for washing to help you keep track of how much you have had. At the end of the day these can be washed up ready for the next day.
- > A good habit is to consider keeping a diary of the food and drink you have eaten. A diary will not only allow you to remember what you have had but can help to reassure family members if they are concerned.
- > Try setting an alarm for when you would normally have your meals, this can be set up on your mobile phone as a reminder for each mealtime.
- > Eating with friends or family is a good way to ensure you have a meal. Try setting up a regular lunch date with friends or look out for lunch groups or dessert/curry clubs in your area. Look in libraries, the internet, local newspapers or visit your local council office.
- > If you are still concerned and you are unintentionally losing weight, please visit your GP for further advice.

If your weight is going up, this may be because you are taking in more calories than you are using. This could be because you are eating more than normal or have become less active, or maybe both.

The following tips can help:

- > Try dividing your meal into two smaller portions, therefore when you eat again you are not eating extra.
- > Serve only a small portion of the main dish (fish, meat, poultry or vegetarian option) and starchy foods such as potatoes, rice, pasta or bread. Try to fill up half your plate with salad or vegetables which is low in energy.
- > Have snacks such as fruit, a handful of pretzels, cut vegetables such as cucumber, carrot, peppers with a salsa dip, a handful of plain popcorn or light yoghurt as an alternative to an extra meal.
- > Make ice lollies with sugar free or diet drinks, these can then be used as a snack or a second dessert.
- > If you have already eaten but want to eat more, have a drink instead – try lower calorie drinks such as tea or coffee (with sweetener – optional), reduced sugar flavoured water or diluted drinks, diet or sugar free fizzy drinks or water.
- > Consider keeping a food diary to remind you when you have already eaten.