

The Power of Good Nutrition: Stay Healthy and Independent At Home



What is malnutrition?

Malnutrition means your body isn't getting the right amount of food, energy or nutrients to meet your daily nutritional needs. This can happen if you don't eat enough, don't eat the right kinds of foods or if your body has trouble absorbing the nutrients from food.

Malnutrition can happen slowly and quietly, often being overlooked. It takes away your strength, energy and quality of life. The good news? With the right nutrition support, you can gain energy and support your overall wellbeing, health and independent life at home.

These simple prompts can help you recognise when it might be time to speak with a healthcare professional about the possibility of malnutrition.

- Ask yourself have I lost weight without meaning to?**
- Have I noticed a decrease in appetite?**
- Do my clothes or jewellery feel looser?**
- Are day to day tasks becoming harder?**
- Am I feeling tired, weak or low in energy?**

I may be malnourished, what should I do next?

Speak with your healthcare professional who can advise whether you may benefit from extra nutritional support, especially if meeting your needs through food alone is difficult.

Are You Getting the Nutrition You Need?

- Good eating habits, such as including a variety of foods, are key to staying healthy and independent for longer.
- As we age, we need a diet that includes adequate amounts of protein to grow and maintain muscle, vitamin D and calcium for bone health, and fibre for digestive health.
- Even when you try your best, it's not always easy to get enough protein, energy and nutrients from food alone.
- Oral nutritional supplements can help bridge this gap; they may also support recovery from illness and overall wellbeing.
- **Nestlé Health Science** offers an extensive range of nutrition solutions to help you maintain health, well-being and independence so you can continue with your life pleasures.
- SUSTAGEN Hospital Formula is a formulated meal replacement that provides energy, protein and key nutrients to help support your nutritional needs when you're not eating enough. It can be enjoyed as part of a varied and balanced diet to support a healthy lifestyle.
- Oral nutrition supplements, such as RESOURCE 2.0 and RESOURCE Fruit Flavoured Beverage, are designed to help support the nutritional needs of people requiring more nutrition in smaller volumes, providing key nutrients such as protein, vitamins and minerals. They can be consumed alongside food, with meals, or between meals, under the supervision of a healthcare professional.

Live Well. Stay Independent at Home

Getting the right nutrition doesn't have to be hard - and you don't need to do it alone. Ask your healthcare professional which Nestlé Health Science nutritional supplement may be right for you.



To learn more or to purchase products, visit our website or contact the Nestlé Health Science customer service team.

Consume as part of a varied and balanced diet and healthy lifestyle. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. RESOURCE Fruit Flavoured Beverage and RESOURCE 2.0 are food for special medical purposes specially formulated for the dietary management of medical conditions where nutritional needs cannot be met by diet modification alone. Must be used under the supervision of a healthcare profession.

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