



Nutrition checklist

A guide for signs that you need nutritional help
or extra nourishment and what to do next

This checklist is for you if you answer 'Yes' to any of the questions below:

- Underweight?
- Suddenly lost a lot of weight without meaning to?
- Had an operation/illness that means you cannot eat what you used to?

This short checklist is to help you consider whether you are in need of help with your nutrition and diet, because you are underweight or need extra nourishment. If you are in that situation, it gives you suggestions on what to do next.

Patients, relatives and health professionals are all welcome to fill it in.

If you are already having help with your diet or nutrition from your GP, hospital or a dietitian and feel confident about the advice you are being given and about managing your diet there is no need to fill in the checklist.

Otherwise, if you have any worries about being underweight or difficulties with eating:

- Fill in the checklist
- Take it to your GP, nurse or dietitian
- Look on the back page for more information and advice
- Understand the next steps to take to help you with diet and eating

Your name _____

Please note here who is filling in the checklist:

Patient

Spouse, partner or relative

Healthcare staff

Other: write in role _____

Section A:

Please put a tick in the relevant box to indicate your answers throughout the checklist

Signs that you may need help or advice to gain weight or eat differently

1. Do you have an illness or are you receiving treatment that requires a different diet or extra nutrition?

Yes

No

Don't know

If yes please state what the illness is _____

2. As far as you know is your weight or your BMI index (Body Mass index – a measure that takes account of height and weight) too low?

Yes

No

Don't know

3. Are you or your family concerned that you may be underweight or need nutritional advice?

Yes

No

Don't know

4. Have you recently lost a lot of weight unintentionally?

Yes

No

Don't know

5. Have you noticed that your clothes or rings have become loose recently?

Yes

No

Don't know

6. Have you recently found that you have lost your appetite and interest in eating?

Yes

No

Don't know

Did you answer 'No' to all these questions? There is no need to fill in the rest of this checklist.

Did you answer 'Yes' or 'Don't know' to one or more questions?

Please go to Section B over the page 

Section B:

Assessing your situation and needs

7. Which of the following apply to you? **Please tick all that apply:**

- I live alone
- I am concerned about my ability to shop for myself/person cared for
- I am concerned about my ability to cook meals
- I am having difficulty cutting my food

- I do not think I am eating enough of the right foods
- I am unsure what foods I should be eating
- I don't have a very good appetite
- I don't really enjoy eating

- I am having difficulty swallowing
- Eating makes me cough
- I am having difficulty chewing food
- I often feel weak, tired and fatigued

If you have any other dietary concerns please write them below

Did you tick three or more boxes?

**Yes - it looks as if you may find some advice about diet useful.
We suggest that you go to section C and fill in the rest of this checklist.**



Then take it with you to your GP, your practice nurse or local dietitian to discuss your concerns.

No - there are a number of options:

- go to the last page for further information on monitoring your weight and sources of advice and information or
- if you have any concerns, fill in Section C and take it to your doctor, nurse or dietitian.

Section C:

Information about you that will be helpful for GP or dietitian assessing you

YOUR DIET

8. How many of the following do you estimate you have in one day?

Meals (for example breakfast, lunch, tea, dinner)

0 1 2 3 4 or more

Snacks (for example a piece of fruit, chocolate, cake or biscuit, cheese and biscuits)

0 1 2 3 4 5 6 or more

Drinks (for example water, juice, cup of tea or coffee)

0 1 2 3 4 5 6 or more

9. Are you currently on any of the following diets? **Please tick all that apply**

Diabetic High calorie/high energy Healthy eating

Soft, mashed or pureed Fortified food

Other, write in _____

a) Are you finding the diet difficult?

Yes, very Yes, a little No

b) Do you think you have gained or lost weight while on this diet?

Gained Lost Don't know

NUTRITIONAL SUPPLEMENTS

10. Are you taking nutritional supplements?

Yes – these are prescribed by a doctor, nurse, dietitian or other healthcare professional

Go to Q 11 on the next page ►

Yes – they are not prescribed but I buy them from the chemist or supermarket

Go to Q11 on next page ►

No/ Don't know: **Go to Q 12 on the next page ►**

11a. Please mark on the scale below how confident you are in understanding how to take the nutritional supplements alongside your current diet.

1	2	3	4	5
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Not at all Confident  **Very confident**

b. Are you regularly taking your oral nutritional supplements?

Yes No Sometimes

c. Have the nutritional supplements helped you to gain or maintain your weight?

Yes No Don't know

ABOUT YOU

12. How old are you?

Under 25 25-44 45-64 65-74 75-84 85 or over

13. Do you have a long-term health problem or disability which limits your day-to-day activities?

Yes, limited a lot Yes, limited a little No

14. How many prescription drugs are you taking each day?

1 2 3 4 5 or more Don't know

END OF CHECKLIST

Thank you for filling in the checklist. We hope you have found it useful.

Please take it to your GP, practice nurse or local dietitian so they can look at it and assess your needs. You may be offered:

- nutritional advice
- tests to check for causes of weight loss
- a referral to a dietitian or other specialist
- a prescription of oral nutritional supplements
- referral to other local services

Please turn the page for further information section 

Further information:

Monitoring your weight

If you or your family are concerned about your weight or weight loss, it is helpful to monitor it by weighing yourself once a week and recording your weight to see whether you are losing a lot of weight over time.

You may also want to check your BMI (or Body Mass Index) which is a recognised measure. There is a ready reckoner on NHS Choices (www.nhs.uk) or on the BAPEN website which also has self-help tips (<http://www.malnutritionselfscreening.org/self-screening.html>)

Useful sources of information

You can look at these if you have access to the internet.

'Managing Adult Malnutrition in the Community' Pathway (www.malnutritionpathway.co.uk/leaflets-patients-and-carers) with leaflets on making the most of your food and information about nutritional supplements

BAPEN website (www.malnutritionselfscreening.org) for tools to check if you need nutritional help and tips to help yourself, including using nutritional supplements.

Carers UK website (<http://www.carersuk.org/help-and-advice/health/nutrition>) for information on eating well and a simple e-learning tool

Leaflets about nutrition

You may prefer to have a paper leaflet. You could ask your GP, practice nurse or dietitian for help in finding leaflets on the following topics. Tick any you are interested in and ask your GP or dietitian when you see them.



- General healthy eating www.gov.uk/government/publications/the-eatwell-guide
- Making the most of your food www.malnutritionpathway.co.uk/leaflets-patients-and-carers
- Nutritional supplements www.malnutritionpathway.co.uk/leaflets-patients-and-carers
- Speaking to your GP www.carersuk.org/help-and-advice/health/nutrition/nutrition-resources
- Eating well for carers www.carersuk.org/help-and-advice/health/nutrition/nutrition-resources