

# Not eating well? Give us a bell!



Monday to Friday 9am – 4pm or email us  
24 hours a day on [lch.malnutrition@nhs.net](mailto:lch.malnutrition@nhs.net)

- **Are you or someone you care about struggling to eat or drink properly?**
- **Do you look after someone at risk of malnutrition?**
- **Not sure where to turn for advice?**

The COVID-19 malnutrition helpline is a dedicated phone line which puts you in touch with the community dietetic team who can provide impartial advice and simple ideas to help with your eating and drinking.

## What is malnutrition?

Malnutrition is a lack of good nutrition usually caused by not having enough to eat or not getting the essential nutrients you need to keep healthy. If not dealt with early it can lead to other problems.

## Who is at risk of malnutrition?

- People recovering from COVID-19
- Those who are housebound or living alone
- Those who are not well enough to shop for food or who cannot cook/prepare meals for themselves
- People with dementia
- Those with depression or low mood
- People with dental or mouth problems

## We can provide advice for any of the following:

- Not eating enough or getting full quickly
- Poor appetite
- Losing weight unintentionally or clothes/jewellery looser than normal
- Constipation
- Difficulties affording food
- Dehydration
- Frail and risk of falls
- Wounds or a pressure ulcer that won't heal
- Not well enough to shop or cook
- Eating difficulties related to dementia

