



# Take a NOURISH Step!

## September: Malnutrition/Undernutrition Awareness

### Sept. FUN Days!

#### 9-8: Grandparents Day

Bring your photos and tell your stories about your precious grand children!

#### 9-22: Nat'l Centenarians Day

In WI we have ~1400 people over the age of 100!

We are ranked #16 in the US. California is #1 with ~8900 folks over 100!

More at [brownielocks.com](http://brownielocks.com)

We kick off the month with **Malnutrition Awareness Week** (Sept. 8–12). Malnutrition, also known as undernutrition, occurs when the body does not receive the proper balance of calories & nutrients to maintain health. **It can affect anyone, and it is not easy to identify.** You can be underweight, overweight, or a normal weight and still be undernourished. It is not a normal part of aging and can be prevented or reversed.

### Why it matters

If left untreated, it **can lead to serious consequences** such as: Higher Risk of Falls & Broken Bones, Higher Stress Levels, Longer & More Frequent Hospital stays, Less Independence, Higher Risk of Infections, Higher Death rates. If you have dementia &/or a chronic condition you may be at higher risk.

**Signs & Symptoms:** Sudden unexpected weight loss, Loss of appetite, Muscle weakness, Frequent nausea, vomiting, and diarrhea, Slow-healing wounds, Feeling tired or fatigued, Swelling in your ankles, legs, or belly, and Getting sick often. If you have any of these, please talk with your healthcare provider or a Registered Dietitian Nutritionist for screening and interventions. In addition, you can learn more at <https://nutritioncare.org/clinical-resources/malnutrition/resources/for-consumers/>

**If you have a story about becoming undernourished and/or recovering from malnutrition, or how our meals have helped keep you well nourished,** we would appreciate hearing from you.

Malnutrition Stories

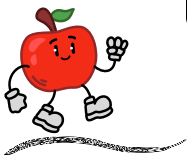


We're also celebrating **No Senior Eats Alone Day on September 17**— Social connection is as vital as the food we eat. We invite you to attend a Senior Dining Site for socialization. To find a location near you, call your local ADRC or Aging Office for locations or visit <https://www.dhs.wisconsin.gov/aging/nutrition.htm>

**If you have a poor appetite,** try eating more smaller high protein/high calorie meals/snacks throughout the day.

**Understand the Root Cause(s) that can contribute to poor appetite.** I.e. stress/anxiety, medication side effect, etc.

**Include Protein at every meal/snack.** Greek yogurt, tuna, nuts & seeds, cottage cheese, eggs, meat, milk, beans, etc.



**\*NOURISH stands for: Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, and Hydrate.**

For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)

## High Protein/High Calorie Recipes

### Enriched Instant Pudding

#### Ingredients

- 1 box instant pudding mix
- 12-ounce can evaporated milk
- ½ cup whole milk
- Frozen whipped topping (optional)
- Chocolate syrup (optional)

#### Directions

- Wash the lid on the can of milk.
- Pour the canned and whole milk into a large bowl or blender container.
- Slowly pour the instant pudding mix into the milk and mix or blend until smooth.
- Pour into 4 dishes. Refrigerate and serve cold.
- For more calories, top with frozen whipped topping and drizzle with chocolate syrup. Up the protein with protein powder or dry instant milk.

**Nutrient Information (per serving):** 240 calories, 33 grams carbohydrate, 8 grams protein

### Pumped Up Cream Soup

#### Ingredients

- 10.5-ounce can condensed cream soup
- 12-ounce can evaporated milk
- 1 small jar turkey or chicken (baby food) or other protein source(s) as desired.

#### Directions

- Wash lids of cans and jar before opening.
- Place all ingredients in blender. Blend until smooth. Heat before serving.

**Nutrient Information (per serving):** 290 calories, 20 grams carbohydrate, 15 grams protein

## Can you Identify Some Root Causes that Contribute to UnderNutrition?

1. SELSOELNNI \_\_\_\_\_
2. OLW NIEOCM \_\_\_\_\_
3. ON SRTTOIAORPANTN \_\_\_\_\_
4. RHICNOC NOIINOTDC \_\_\_\_\_
5. PORO AETETIPP \_\_\_\_\_
6. LLAWIOWNSG NAD NWEHGCI SESUSI \_\_\_\_\_
7. OORP SNPOIBRTOA \_\_\_\_\_
8. ELITMID OYBILMTI \_\_\_\_\_

### Hydration Tip:

### Sept. is Emergency Preparedness Month.

To prepare your own water for emergency storage, use clean, food-grade containers and fill them with tap water treated with 1/8 teaspoon (8 drops) of unscented liquid household bleach per gallon if it's not already chlorinated. Store in a cool, dark place and replace every six months.

### Word Scramble Answer Key:

1. Loneliness, 2. Low income, 3. No Transportation, 4. Chronic Condition, 5. Poor appetite, 6. Swallowing and Chewing Issues, 7. Poor Absorption, 8. Limited mobility

***If you want more pep, take a NOURISH Step!***

**For more information visit: [gwaar.org/nourishstep](http://gwaar.org/nourishstep)**

GWAAR Nutrition Team Pam VanKampen, RDN, CD 9/25

