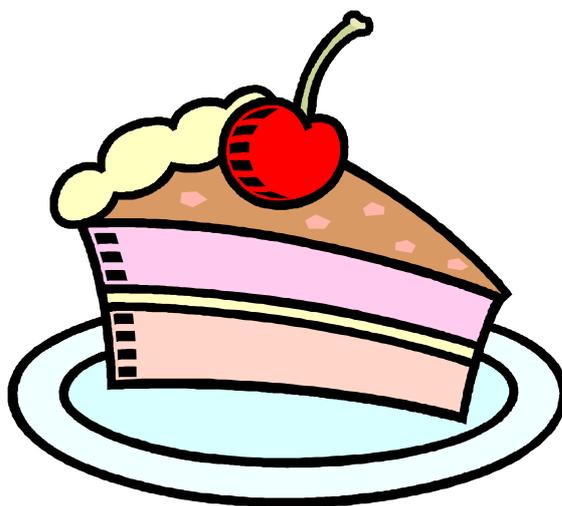




Losing Weight is Not Always Great (Nutritional Care Strategy for Adults)





A good balanced diet which includes food and water will help us to stay healthy.



This can sometimes be hard, especially if you have a disability or are elderly.



Unplanned weight loss is not good.



The 'Nutritional Care Strategy' for Dorset is about providing the best level of care possible.



The strategy is for adults of all ages.

What can happen if you don't / can't eat well?

It can affect your:



- Growth



- Physical health



- Mood

The following things may affect you eating properly:



- The cost of food



- Feeling lonely or feeling ill



- Not being able to cook



- Not being able to go shopping



We want to help people to eat better.

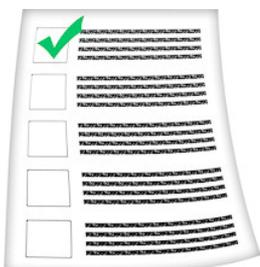


If you don't eat well you may become very ill.

Action plan



We have produced an action plan for Dorset.



The plan has some aims.
We want to:



Make people aware of what is good eating and drinking.



Give people information and support to help them with their own care.

What the plan will not do!



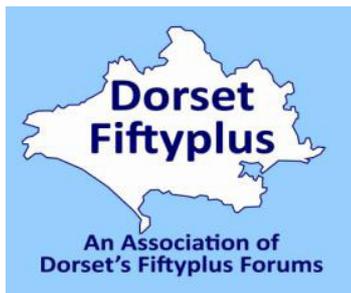
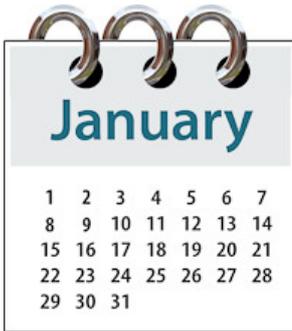
It will not tell people what they should eat.



It will help people to decide what to eat.

Reviewing the plan

The plan will be looked at again in January 2016.



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