



ADVICE

Falls Prevention Tips Number Seven

A guide to diet and nutrition

- Poor nutritional condition can:-
 - increase the risk of falls
 - increase the risk of having a serious injury
 - slow down recovery time

Fluid

Dehydration can lead to confusion, constipation and low blood pressure, all of which can increase the risk of falling.

- ▶ Drink plenty of fluids including water, diluted fruit juice/ squashes, hot milky drinks, weak tea & coffee.
- ▶ Drink at least 8 cups or glasses of fluid every day

Diet

To minimise the risk of falling, you should try to eat three healthy meals every day which include:-

- ▶ Meals based around starchy foods e.g.
 - ▷ Potatoes, bread, rice, pasta - choose wholegrain varieties whenever possible.
- ▶ 3 servings of dairy foods e.g.
 - ▷ 200ml (1/3 pint) of full fat milk
 - ▷ a yoghurt
 - ▷ 30g (1oz) cheese
- ▶ 2-3 servings of protein e.g.
 - ▷ 100g (4oz) chicken, fish, red meat 2 eggs
 - ▷ 3 tablespoonful of beans
- ▶ 5 portions of fruit and vegetables (Fruit can be tinned or frozen)

Snacks might include:-

- ▶ Full fat yogurt, cheese and crackers, a sandwich, a dessert or biscuits and cakes.

Vitamin D and Calcium Supplements

These can help prevent fractures by strengthening muscles and bones.

Although there are a small number of foods containing Vitamin D, our main source is from sunlight. Therefore, Vitamin D and Calcium supplements are recommended for people living in care homes and for those people who are housebound.

Try to eat foods from the table below in your diet every day.

Foods rich in Vitamin D	Foods rich in Calcium
<ul style="list-style-type: none">▶ oily fish (canned and fresh)▶ liver▶ margarine▶ egg yolk (cooked well)▶ cod liver oil▶ some breakfast cereals*	<ul style="list-style-type: none">▶ dairy products▶ almonds, brazil nuts▶ leafy green vegetables▶ canned fish with bones▶ dried apricots and figs▶ calcium-enriched soya and oat milks* <p>* check the packet for the amounts</p>

Help yourself to eat well by ensuring that

- ▶ Dentures fit properly
- ▶ You have plenty of time to eat your meals
- ▶ Your meals are sufficiently moist to enable you to swallow without difficulty
- ▶ Try adding sauces, gravy and custards.
- ▶ You sit upright at meal times

If you require further information please check the Live Well NHS Choices website. www.nhs.uk/LiveWell

Further information

For more information about how to avoid a fall, go to: www.ageuk.org.uk and search Staying Steady.

If you have any concerns or need advice about accessing NHS services, you can enquire in confidence on 01525 864405 or enquiries@bedfordshireccg.nhs.uk.

Leaflets available in this series:

1. A guide to what to do if you have a fall
2. A guide to safe footwear
3. A guide to safe transfers on/off chairs and bed
4. A guide to the safe use of walking aids
5. A guide to the safe use of wheelchairs
6. A guide to reducing the risk of falls due to medication
7. A guide to diet and nutrition
8. A guide to keeping warm

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