

INFORMATION & TIPS

on the topic of malnutrition

When people think of malnutrition, many think of starving people from the so-called Third World. However, in Germany, too, senior citizens and the chronically ill in particular suffer from nutrient deficiencies.

This happens more frequently than we realize!

If one takes the World Health Organisation as a basis for assessment, in which people with a body mass index (BMI) of less than **18.5 kg/m²** are considered malnourished, **1.600.000 Germans are affected**. In older people, malnutrition is already present with a BMI of less than 20 kg/m².

Based on hospital admissions in Germany, **25%** of the more than 11 million hospital patients are malnourished or at high risk of malnutrition, according to the Federal Statistical Office. This corresponds to a number of people affected of around **2,8 million**.

The reasons are manifold. Symptoms of malnutrition develop very gradually, which means that the consequences are often not recognised as such. Fatigue, listlessness, weakness or even unwanted weight loss are dismissed as normal symptoms of old age.

Tips for malnutrition and undernourishment

Identify causes and follow them up: Even small changes can correct the cause of malnutrition or undernutrition such as fitting dentures.

Observe behaviour: If meals and drinks are sometimes completely rejected and the person concerned no longer has an appetite or enjoys eating, these can be alarm signals.



MOGUNTIA offers you support here with high-calorie drinks in seven flavours. The MOGUNTIA Fruit Mix offers a further PLUS. In the right dosage, the MOGUNTIA Fruit Mix can also be used as a drink.

Observe the weight history: Does the belt need to be tightened or do rings slip off the finger? Regular weight checks help to identify problems and facilitate early countermeasures. Measuring the circumference of the upper arm is also helpful in recognising weight trends. Eating and drinking protocols help to estimate the quantities consumed.

Energie- und Nährstoffdichte erhöhen: Foods with a high energy density (e.g. high-fat dairy products) and enriching meals (e.g. sauces, soups and porridges with energy PLUS basic products) can remedy an undersupply of energy. Milk and dairy products (energy PLUS high-calorie drinks) as well as cereals and pulses provide valuable protein that older people often lack.



With energy PLUS, MOGUNTIA offers a selection of basic products such as energy PLUS Instant Binder Crystal Clear, energy PLUS Protein and energy PLUS Dietary Fibre. More and detailed information is available from your MOGUNTIA specialist advisor.

Tips for malnutrition and undernourishment

Stimulate the appetite & taste buds: Strong seasoning with herbs and spices enhances the smell and taste of the food and stimulates the appetite. **Attention:** However, **more salt should not be used!**



Discover the world of spices from MOGUNTIA. As one of the leading spice factories in Europe, MOGUNTIA offers spices from A for aniseed, C for cinnamon and G for ginger, to T for turmeric. Ask your specialist advisor about the MOGUNTIA spice variety.

Improve handling of the food: Small meals (e.g. finger food, hearty porridge) in bite-sized form are easier to chew and the sometimes cumbersome handling of knife and fork can be avoided. For example, small pieces of fruit and vegetables, MOGUNTIA savoury porridge, breadsticks, MOGUNTIA portioned soups, small loaves of meat, vegetables or fish, croquettes, stitch-proof casseroles, etc. are suitable for this purpose. Special crockery and cutlery as well as accessories can also provide relief.



MOGUNTIA offers a wide range of products in the form of small meals, such as soups in cup portions (ward supply) as well as the new savoury porridge food in three delicious flavours. But you will also find basic products and mixtures (fixed products) for the preparation of smaller meals or individual menu components in the MOGUNTIA FOOD SERVICE range. Enriched with the basic products from energy PLUS, they ensure a balanced and varied diet. Your MOGUNTIA consultant will advise and support you in choosing the right products.

Distribute the required intake throughout the day: Since the stomach of older people can no longer stretch so well and satiety sets in more quickly, only small portions are usually eaten. Many small (in-between) meals, such as portioned soups or hearty porridge, spread throughout the day are more suitable than a few large meals.



Ask your MOGUNTIA consultant about the different products for snacks. For example, MOGUNTIA offers a wide range of portion soups in no less than 14 different flavours.

The times: A late meal (e.g. yoghurt, milk drink, energy PLUS high-calorie drinks, fruit or cheese cubes) can also prevent an undersupply.



Take advantage of the variety of high-calorie energy PLUS drinks from MOGUNTIA, which are additionally enriched with fibre, vitamins and proteins. Seven flavours provide a balanced variety during the week. The MOGUNTIA FOOD SERVICE also offers the new savoury porridge food in three delicious varieties, for an optimal supply at late and in-between meals.

Create a pleasant dining atmosphere, take individual needs into account, provide variety: This encourages the appetite and the willingness to eat and drink.

Source reference / Further information:

German Society for Nutrition e.V.,
Medical Service of the National Association of Health Insurance Funds,
Medical Service of the Health Insurance



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