

MEALS   
ON WHEELS

*More than just a meal.*

# healthy eating





# A complete guide to healthy eating for people using Meals on Wheels.

At Meals on Wheels, we don't just bring you the convenience of a midday meal delivered to your door. • Our consultant nutritionists make sure that our week-long menu provides the basis of a thoroughly well-balanced diet. • It's something we're absolutely driven by because we know the health and well-being of people using Meals on Wheels rely on it. • In this booklet, we've put together some handy tips and hints about healthy eating and how to supplement our food with your own contributions towards the meals for which we don't currently cater.



## **You are what you eat**

As we get older, a lot of people tend to eat less, especially those who don't get out much. We all still need good nutrition nonetheless. It's not just about the quantity of the food you eat; it's also about the quality. The better the nutrition you get, the better the quality of life you'll enjoy. The healthier you are, the longer you can stay active and independent. And that's something that's very important to all of us.

## **Planning around your meals from Meals on Wheels**

A Meals on Wheels meal – if eaten completely – will provide a little over 1/3 of your daily nutrition requirements. Now that's a great basis for a healthy diet, but it's not the end of it. You'll need something for breakfast and dinner during the week, as well as snacks. One thing we certainly do not recommend is splitting the meal in half and having some for your midday meal and some at dinnertime: our meals are prepared to be eaten when you receive them, not stored, frozen or reheated. Splitting your meal could lead to poor nutrition for the day (unless you add extra foods to those two meals). Besides, they taste best when fresh and that's when you'll get the most nutritional benefit. On weekends, you may order our frozen meals or add some of your own meals. It's not hard and you don't need to slave over a hot stove. Read on and you'll see we've got some quick and easy suggestions and a few great alternative ideas as well.

**What is a healthy diet?** We all talk about achieving a healthy diet. But what exactly do we mean by that? OK, to meet all your nutritional needs, you should – at the very least – eat the following every day.

Food Group	Minimum serves per day	Sample of a single serve size
Breads & cereals	3 to 5 serves	2 slices of bread or 1 bread roll 1 cup cooked pasta 2/3 cup cooked rice 60g (approx 1 cup) cereal
Vegetables & legumes	4 to 7 serves	1 potato 1/2 cup cooked veg 1 cup salad veg
Fruit	2–3 serves	1 medium piece: apple, banana 2 small pieces: apricot, plums 1/2 cup juice 1 1/2 tablespoons sultanas
Milk, yoghurt, cheese	2–3 serves	1 cup milk 2 slices (40g) of cheese 200g tub yoghurt
Meat & meat alternatives	1 to 1 1/2 serves	100g cooked meat/chicken/fish: 2 small chops/slices roast meat 1/2 cup cooked dried beans 2 small eggs 1/3 cup peanuts or almonds



## An example of a meal plan for one day.

Here's how you could plan a typical day's meals to put together all the right serves of nutritional foods.

### Breakfast

- Bowl of cereal with milk;
- Toast with margarine, jam, honey or peanut paste;
- Fruit juice;
- Glass of water or tea or coffee.

### Morning tea

- Crackers with margarine and cheese and tomato;
- A drink (milk drink or fruit juice).

### Lunch

- Meals on Wheels soup;
- Meals on Wheels main course (meat or fish or chicken or eggs plus vegetables or a salad);
- Meals on Wheels dessert;
- Glass of water or tea or coffee.

### Afternoon tea

- A slice of fruit loaf plus margarine;
- A drink (milk drink or fruit juice).

### Evening meal

- A sandwich with cold meat, fish, chicken or egg, plus salad. Or have a salad – including some cold meat, chicken, fish or egg plus salad vegetables and a couple of slices of bread.
- Fruit with custard or yoghurt or ice cream;
- Glass of water or tea or coffee.

### Supper

- Milk drink (e.g., hot chocolate) plus a couple of biscuits.

# A few tips for healthy eating.

## **Eat different kinds of food**

There are two reasons to get some variety into your diet. First, it means your meals won't be boring. Second, it means you've got more chance of getting all the nutrients you need. So, the more variety you eat each day, the better your overall health will be.

## **Pick foods high in calcium**

Calcium keeps bones strong. So make sure you're not forgetting dairy products like milk, cheese, yoghurt, custard or ice cream (all calcium-rich foods). Other sources include salmon with bones and sardines.

## **Make sure you're getting lots of fibre**

You'll only get fibre in foods derived from plants. The best sources are wholemeal, wholegrain and white high-fibre breads that aren't overly processed. Fruits, vegetables and legumes such as kidney beans, baked beans, three-bean mix, split peas or lentils are also very useful sources. Fibre can be a real help if constipation is a problem but it's important nonetheless.

## **Drink plenty of fluids**

For fibre and medications to do their job properly, you'll need to be taking lots of fluids. It's important to keep you healthy and prevent constipation and dehydration. Water is the best drink but tea, milk drinks, fruit juices and plain mineral water are also good.

## **Eat smaller meals more often**

If you've got a poor appetite or you just don't feel hungry, try small meals every two to three hours. It will help stimulate your appetite and increase your interest in food. Also, to make it easier to eat, try soft foods that don't require a lot of chewing. Nourishing milk drinks can also help to provide important protein nourishment.

## **Nutrition and medicine**

Some medications can affect your body's ability to use certain nutrients. By the same token, some nutrients may alter how a medication works in your body or affect the speed it breaks down. We'd recommend you speak to your doctor or pharmacist about any new medicines and what effect they'll have on your nutritional balance and appetite.

### **Chewing or swallowing problems?**

If you've got either of these problems, we'd suggest you see your doctor for a referral to either a speech pathologist or dentist. You may also find it's easier to swallow soft foods like scrambled eggs, stews, soft sandwiches, tinned or stewed fruit, pasta dishes and fish mornay.

### **Are you underweight?**

If you're losing or can't gain weight, it is important to see your doctor for a check-up. Try eating more high-protein and high-energy foods like cheese, milk drinks, fruit smoothies and coffee made with milk. They're more nutritious than cordial, soft drink, tea or coffee made with water. Supplementary drinks can also be useful.

For example, Sustagen, Ensure, Nutridrink, Resource and Build Up are available from your local chemist. You should definitely see a dietitian if the problem continues.

### **Are you on a special diet?**

If you're following a special diet for some reason (for example, a low-cholesterol or a low-fat diet), it's very important that you check with your doctor or health professional to make sure any dietary restrictions are really necessary and just how strict you should be. If you're cutting back on any food groups and find yourself losing weight, you might need to review the need for a special diet.



# A few quick and easy meal ideas for those other meal times that aren't catered for by Meals on Wheels.

1 When you do cook, make enough for two to four serves and freeze what you don't want to eat immediately. Plastic containers (from products like margarine, for instance) are perfect to re-use as storage for a one-person portion. Make sure when you do defrost them, that the meal is eaten within 24 hours. If not, throw it away or it may make you sick.

2 Use a crock pot or slow cooker, perfect for one-pot meals.

3 Ask your butcher to cube the meat for casseroles. You can also buy premade rissoles and patties. Marinated meats are much more flavoursome.

4 Frozen vegetables are great. They can be kept in the freezer until needed, you don't have to chop them up and there is no waste. They are very nutritious and it's much better than having fresh vegetables going mouldy in the crisper.

5 If you want to buy fresh, buy packs of mixed vegetables – or salads – from the greengrocer or supermarket. There's less waste this way and greater variety. The trick is to steam all your veggies in one saucepan or use a microwave. That saves on the washing up too.

6 Try a frozen meal from the supermarket. These can be convenient to have at hand for times you don't feel like cooking.



7 Buy small-portion packs (for example, tinned fruits, custards, yoghurts, baked beans). Although the cost-per-kilogram is sometimes dearer, they can work out cheaper overall because there is less waste and the food is less likely to spoil waiting to be eaten.

8 Why not shout yourself a meal out every now and again at a local sports or service club, the senior citizen's centre or even your local pub? These meals can be very cheap and, if you choose wisely, the meals can be very healthy too. Try the roast of the day with vegetables, grilled fish and salad or a braise or casserole.

9 Don't wait until you're hungry to eat. Make sure you eat regularly and don't skip any meals. And when you have a snack, make sure it's healthy (some ideas are in the pages that follow). Start the day with a hearty breakfast and when you do feel hungry, eat a little more.

10 If you get very tired at the end of the day, try eating a hot meal in the middle of the day instead and only have a lighter meal at tea-time.

11 Share a meal with others. It's more enjoyable when it's shared and you can talk, laugh, remember, discuss and plan together.

12 Go shopping with a friend or relative.

13 And always ask the store if you can get your groceries home-delivered.

# Menu planning, meal by meal.

Here's where we get specific. By planning your meals in advance, it certainly helps your shopping and makes sure you're getting a balanced diet, which is the very essence of good nutrition.

## BREAKFAST

Choose from the following.

### Juice and/or fruit:

- Fresh fruit;
- Fruit canned in its own juice;
- Or fruit juice (preferably 100% juice).

### Breakfast cereal:

- Something like Weetbix, Weeties, Puffed Wheat, Sustain or Just Right + milk;
- Or porridge (instant is fine) + milk.

### Toast (preferably wholemeal, wholegrain or white high fibre):

- Spread with polyunsaturated or canola margarine;
- Topped with jam, marmalade, honey, peanut paste, cheese, baked beans or an egg.

### Crumpets or English muffins:

- Spread with polyunsaturated or canola margarine;
- Topped with jam, marmalade, honey, peanut paste or cheese.

### Raisin bread or fruit loaf:

- Spread with polyunsaturated or canola margarine.

### Yoghurt:

- Plain;
- Or fruit-flavoured.

## MAIN MEAL

For those days when you don't receive a meal from Meals on Wheels as well as in the evening, choose from the following and make sure that you have at least one meal every day with vegetables or salad.

### Vegetables or salad:

- Steam mixed frozen vegetables in the microwave or boil in minimal water on the stove;
- Or buy pre-cut salad vegetables from the supermarket or greengrocer and include any tinned extras you might fancy like corn, three-bean mix or beetroot.

### Carbohydrate:

- Add some potato, rice or pasta.

## **Protein:**

- Serve with boiled or poached eggs;
- Scrambled eggs or an omelette with some ham, onion, tomato, mushroom or cheese;
- Small tin of tuna or salmon;
- Lean cold meat like ham, corned beef, turkey or chicken;
- Rotisserie chicken;
- Fish fingers;
- Fresh fish grilled, fried in either olive or canola oil, or wrapped in foil and baked in the oven;
- Grilled meat like steak, veal, pork or lamb;
- Baked beans.

## **Alternative meal ideas:**

- Good quality and healthy frozen meals from your supermarket;
- Pasta topped with a sauce made from a jar of commercial tomato sauce plus some mince or chicken;
- Baked potato split open and filled with baked beans topped with grated cheese.

## **Dessert:**

- Fruit (fresh or tinned);
- Plus yoghurt, Fruche, ice cream, pre-prepared custard or rice custard.

## **LIGHT MEALS**

As we mentioned earlier, sometimes it's a better strategy to go with lighter meals more often than full meals three times a day, especially if you find your appetite waning. Some evenings, you may not feel like a full meal anyway, especially if you've had your complete Meals on Wheels meal at midday. Choose from the following:

### **Sandwich or roll:**

- Start with wholemeal or white high fibre bread, pita bread, bagels, English muffins, rice cakes, corn thins or wholemeal crackers;
- Spread with polyunsaturated or canola margarine;
- Add flavour with polyunsaturated mayonnaise, pickles, chutney or relish;
- Eat sandwiches fresh, toasted or as a jaffle.

### **Fillings:**

- Egg;
- Tuna or salmon;
- Ham, sliced chicken or turkey;
- Peanut paste;
- Baked beans;
- Cold roast meat such as corned beef or chicken;
- Cheese;
- Any salad vegetables like lettuce tomato or cucumber.

## continued...

### **Soup:**

- Home-made soup is ideal;
- Canned soup is handy, especially in the new individual portions;
- Serve with bread or a roll.

### **Something on toast:**

- Poached or scrambled eggs;
- Baked beans;
- Canned savoury lentils;
- Canned mushrooms;
- Cheese with ham, tomato and/or pineapple;
- Creamed corn;
- Tinned diced tomatoes.

### **Fruit:**

- Serve with cheese and crackers;
- Great for hot weather.

### **Dessert:**

- Fruit (fresh or tinned);
- Plus yoghurt, Fruche, ice cream or pre-prepared custard.

## **SNACKS**

Snacks are important especially if your appetite is small. They provide important nutrition for the day. Choose something from the following:

### **Fruit:**

- Fresh;
- Individual container of canned fruit;
- Or dried fruits like sultanas, apricots or even glacé.

### **Raisin bread or fruit loaf:**

- Toast and spread with canola or polyunsaturated margarine;

### **English muffins:**

- Try the fruit muffins or other varieties;
- Spread with canola or polyunsaturated margarine and add some honey, jam or peanut paste.

### **Pikelets or crumpets:**

- Spread with canola or polyunsaturated margarine and add some honey, jam or peanut paste.

### **Crackers (preferably wholemeal):**

- Try something like Cruskits, Vitawheat, rice cakes, corn thins or wholemeal Salada;
- Spread with canola or polyunsaturated margarine and top with tomato, cheese, jam, marmalade, honey or peanut paste.

### **Try a yoghurt, Fruche, ice cream, pre-prepared custard.**

### **Milk drink:**

- Make a milkshake or try a commercial flavoured milk;
- Or make a hot cocoa or use a pre-prepared hot chocolate mix.

### **Wholegrain breakfast cereal with low-fat milk:**

- Why only have it for breakfast?



## Some basics for setting up your kitchen.

Perhaps you've moved into a smaller home and rid yourself of a whole lot of your old possessions or maybe you're just missing something you'll need to make your cooking easier. Here's our recommended list of some kitchen basics and the utensils you'll really need. Tick the ones you need and use it as your shopping list. If you don't have one already, a microwave oven is very useful and quite simple to use. A toaster oven would also be very handy if you like toasted sandwiches and the like.

- Knives (one for meat, one for vegetables and one for bread)
- Mixing bowls (one or two)
- Casserole dish
- Non-stick fry pan
- Saucepans (two)
- Baking dish or ramekin (one small)
- Chopping boards (two: one for raw meats and one for vegetables and fruit)
- Egg slice
- Tongs
- Cheese cutter
- Vegetable peeler
- Measuring cups
- Measuring spoon
- Can opener (essential, so make it a good one that's ergonomic and easy to use)
- Oven mitts
- Kettle or electric jug
- Toaster

# Shopping list.

Here's a list of items that will set you up well with a good, nutritious basis for most of the meals we've just talked about. As you use something, it's a good idea to keep a shopping list handy and add it so you never find yourself out of anything you need.

## For the pantry

- Breakfast cereal (e.g., Weetbix, Weeties, Puffed Wheat, Sustain or Just Right)
- Instant porridge (individual portion packs)
- Milk (long-life)
- Raisin bread or fruit loaf (keep in the freezer and defrost/toast one piece at a time)
- Soup (pre-prepared in individual serves)
- Stock (pre-prepared in small packs)
- Baked beans (small cans)
- Beans (canned, e.g., three-bean mix)
- Fish (small cans with added flavours)
- Corn (canned)
- Asparagus (canned)
- Mushrooms (canned)
- Tomatoes (canned)
- Cracker biscuits
- Rice cakes
- Corn thins
- Pasta sauces (tomato-based are best)
- Pasta
- Rice
- Fruit (canned or individual portions)
- Custard (snack packs)
- Crème caramel (snack packs)
- Flavoured milk and fruit juice (long-life)
- Spreads (e.g., jam, honey, peanut paste)
- Dried fruit
- Sauces (e.g., tomato, mustard, soy, Worcestershire, curry powder)
- Gravy (instant)
- White sauce (instant)
- Milk flavourings (e.g., Milo, Akta-Vite, Quik)

### **For the freezer**

- Vegetables (frozen mixed)
- Meals (frozen, e.g., McCains Healthy Choice or Lean Cuisine)
- Fish fingers or frozen fish portions
- Ice cream

### **For the fridge**

Buy these only in small quantities as they won't last long.

- Yoghurt
- Fruche
- Custard
- Eggs
- Meat (cold cuts like ham and corned beef)
- Cheese (grated)

Your shopping list should also include your usual meats, bread and fresh fruit and vegetables.



# A few easy and nutritious recipes.

Now that you've got all the basics in place and the cupboards stocked, let's try out those culinary skills with a few simple, quick, nutritious – and importantly – tasty main meal recipes. We've chosen these because they involve a minimum of fuss and mostly involve one-pot cooking. Each recipe should give you enough for one person to eat for one meal. If you cook extra (which is often a good idea as it does save a lot of fuss), you can freeze a portion for another day. That's where those margarine containers will come in handy.

At Meels on Wheels we use fortified milk in our recipes. Why not fortify your own milk at home? If you do not drink much milk or your appetite is small this is a great way to help boost your calcium intake and also has the effect of increasing the protein and nutrition value.

## **Fortify your milk**

To every 250 ml (1 cup) of milk, add 1/4 cup of skim milk powder.

## **Fortified custard**

1 cup milk  
2 to 3 teaspoons sugar (optional)  
1/4 cup skim milk powder  
1 tablespoon custard powder

Add the skim milk powder to the milk, stir well then make the custard in the same way that you would normally make any boiled custard recipe.

## **Zucchini slice**

1 egg  
1 tablespoon self-raising flour  
1 small zucchini, grated  
1 rasher of bacon, chopped  
1 to 2 tablespoons grated cheese  
1/2 small onion, chopped  
1 to 2 teaspoons polyunsaturated or canola oil

Beat the egg and slowly add the other ingredients in order and stir. Pour into an oiled baking dish and bake in a moderate oven for 30 to 40 minutes.

## Savoury omelette

2 eggs

Dash of milk

Chopped herbs (e.g., parsley, basil, garlic – fresh or dried)

1 tablespoon of oil (e.g., canola)

1/2 small onion, chopped

1/2 to 1 cup of chopped, mixed vegetables (e.g., celery, capsicum, mushrooms, tomato, zucchini)

1 to 2 tablespoons of grated cheese

Lightly beat the egg and milk in a bowl. Add chopped herbs to your taste. Heat the oil in a small non-stick fry pan and stir in the onion. Cook until the onion softens. Add the vegetables and stir until softened. Add the egg mixture, spread over the pan and simmer until set. Top with grated cheese (if desired).

## Apricot chicken

1 to 2 teaspoons of oil

1 chicken breast, cut up

1/4 packet of French onion soup mix (use the rest as soup)

1/2 small tin of apricots

Heat the oil and brown the onions.

Add the chicken, soup mix and apricots and simmer for 30 minutes.

Serve with a salad or some vegetables (for simplicity, use the frozen, mixed vegetables).

## Chicken casserole

1/2 teaspoon of polyunsaturated or canola oil

1/2 small onion, chopped

1 small chicken breast, diced

1 rasher of bacon, chopped

1 to 2 cups of vegetables (e.g., celery, broccoli, carrot, beans)

1/4 small tin of cream of chicken soup (use the rest as soup)

1/4 cup of water

Heat the oil in a saucepan. Add the chicken and onion and brown. Add the bacon, vegetables and soup mix and simmer for 30 minutes.

## Impossible pie

1 egg

1 to 2 tablespoons melted margarine

1 tablespoon flour

1/4 cup of milk

1 rasher of bacon, chopped

1 to 2 tablespoons of grated cheese

1/4 small can of asparagus

1 tomato, chopped

Combine the eggs, margarine, flour and milk. Add the bacon, tomato, cheese and asparagus.

Place into a well-oiled baking dish and bake in a moderately hot oven for 35 to 40 minutes.



### Hearty beef casserole

1 to 2 teaspoons of polyunsaturated or canola oil

100 to 150 grams of stewing steak, diced

1/2 small onion, chopped

1/2 cube of beef stock  
(or use the equivalent in pre-prepared liquid stock)

1/4 tin chopped tomatoes  
(you can use the rest of tin on toast for a light meal or breakfast)

1 to 2 cups of diced, mixed vegetables (e.g., carrot, celery, mushrooms)

Heat the oil and brown the meat and onion in a saucepan. Add the flour and stir well. Add the beef stock, tomato and vegetables. Transfer into a casserole dish. Cover and cook in a moderately slow oven for 2 hours. Serve with mashed potato.

### Savoury mince

1 teaspoon of polyunsaturated or canola oil

1/2 small onion, chopped

100 to 150 grams of mince

1 tomato, chopped

1 small carrot, chopped finely

1 teaspoon Worcestershire sauce

1 teaspoon tomato sauce

1/2 beef cube

2 tablespoons of water

Brown the onion in oil. Add the mince and fry until brown. Add all the other ingredients, stir well and simmer for approximately 30 minutes. With this basic recipe, you can then create several variations: top it with mashed potato to make a shepherd's pie; add curry powder when the onions are cooking to give it a bit of zing; serve it on toast or put any leftovers into a jaffle; serve it over pasta with a little grated cheese.

### Lamb stew

1 or 2 lamb chops, fat removed  
1 to 2 teaspoons of polyunsaturated  
or canola margarine  
1/2 small onion  
2 teaspoons of flour  
1/3 cup of water  
1 small potato

1 to 2 cups of chopped, mixed  
vegetables (e.g., carrot, turnip, celery)

Melt the margarine in a saucepan,  
then brown the meat and onion.  
Add the flour and stir well. Add  
water and vegetables. Simmer with  
the lid on for approximately 1 1/2  
hours or until tender.

### Stir fry

1 to 2 teaspoons of polyunsaturated  
or canola oil  
1 to 2 cups of chopped, mixed  
vegetables (you can buy them  
pre-chopped either fresh or frozen)  
100 to 150 grams of meat or chicken  
2 teaspoons of soy sauce  
or oyster sauce

Heat the oil in a fry pan.  
Add the meat and brown.  
Add the vegetables and stir until  
soft. Add the soy or oyster sauce.  
Serve with rice or noodles.

### Baked fish

1 to 2 fillets of fish  
Melted margarine or oil  
2 to 3 tablespoons of dried  
breadcrumbs  
1 tablespoon of chopped parsley  
1 tablespoon of parmesan cheese

Place the fish in a single layer into a  
greased baking dish, skin-side down.  
Brush with a little oil or melted  
margarine. Sprinkle lightly with dried  
breadcrumbs. Add a little parmesan  
cheese or parsley if desired. Bake in  
a moderate oven for 20 minutes.

### Tuna casserole

1 to 2 teaspoons of polyunsaturated  
or canola oil  
1/2 small onion, chopped  
1 small tin of tuna, drained  
1/4 small tin of chopped tomato  
(serve the rest on toast for breakfast  
or a light meal)  
1 to 2 cups of chopped vegetables  
(e.g., celery, capsicum, broccoli,  
zucchini, tinned sweet corn)  
1 tablespoon of chopped parsley

Heat the oil in a saucepan. Fry the  
onion until softened. Add the tuna and  
vegetables (and parsley, if desired).  
Simmer for 20 minutes or until the  
vegetables are soft. Serve with spiral  
pasta or rice.

# Keeping your kitchen healthy.

You have to be careful with food preparation and storage. Remember, food that's unsafe to eat doesn't always look, smell or taste bad. To help you avoid a plague of germs and bacteria, we've created our 11 commandments of a healthy kitchen.

**1** You should always eat your Meals on Wheels meal while it's still hot, when it's delivered.

**2** For the same reason, if you're not going to be home when Meals on Wheels delivers, you should notify our kitchen / branch the day before so an alternative arrangement can be made.

**3** Keep cold food cold in your refrigerator; hot food, on the other hand, should be kept steaming hot until ready to eat.

**4** You need to keep your kitchen surfaces clean. If you can't manage it, perhaps you can get someone in to help with the cleaning. Dishcloths should be washed or replaced every day.

**5** Wash your hands in warm, soapy water and dry them thoroughly before handling food.

**6** It's simple: store all food exactly as it tells you on the label.

**7** Store any raw meat at the bottom of your fridge so the juices don't drip onto other foodstuff.

**8** Freeze any raw meat and chicken you don't intend to use immediately. Place it in freezer bags and make sure to label what kind of meat it is and the date.

**9** Thaw your frozen meat and other foods in the fridge. Only use a microwave for thawing if you're going to use the food immediately.

**10** If you have any leftovers after cooking a meal, place them in the fridge immediately and make sure you eat them within two to three days. Of course, you can put them in a suitable container and freeze them for another time.

**11** Once you've thawed a cooked meal, heat it and then eat it straight away. Don't refrigerate or refreeze any unused portion.

# Meals on Wheels nutrition quiz.

## 12 questions to find out just how nutritional your current diet is

It's sometimes hard to know if you're overlooking an important part of your nutrition. Especially if you're not currently using Meals on Wheels and rely on other means to get your meals. Here's a good way for you to determine just how good – or otherwise – your current diet is. Read each statement below and then circle the number in the 'Yes' or 'No' column that corresponds.

QUESTION	YES	NO
1 I have an illness or condition that made me change the kind and/or amount of food I eat.	2	0
2 I eat at least 3 meals a day.	0	3
3 I eat fruit or vegetables most days.	0	2
4 I eat dairy products most days.	0	2
5 I have 3 or more glasses of beer, wine or spirits almost every day.	3	0
6 I have 6 to 8 cups of fluid (eg water, juice, tea or coffee) most days.	0	1
7 I have teeth, mouth or swallowing problems that make it hard for me to eat.	4	0
8 I always have enough money to buy food.	0	3
9 I eat alone most of the time.	2	0
10 I take 3 or more different prescribed or over the counter medications every day.	3	0
11 Without wanting to, I have lost or gained 5kg (about 1 stone) in the last 6 months.	2	0
12 I am always able to shop, cook and/or feed myself.	0	2
<b>TOTAL SCORE</b>		

Add up the numbers you've circled and check your total against the summaries below.

**0 – 3 Good!** Excellent. You should be right on track nutritionally, fit and healthy. But to be on the safe side, check that score again in another six months.

**4 – 5** With this score, you're at moderate nutritional risk. Follow the advice in this booklet to improve your eating habits and lifestyle. Tell your doctor about this test and he/she should be able to make some suggestions. Check back again on your score in three months' time.

**6 or more** With this score, you're at high nutritional risk. Bring this checklist with you next time you see your doctor, dietitian, nurse or other qualified health professional and ask their advice on how you can lower your score.

Please note: a high score suggests nutritional risk but it does not diagnose any condition. Please refer to your doctor for more information.



Meals on Wheels (SA) Inc  
70 Greenhill Road, Wayville SA 5034  
P.O. Box 406, Unley SA 5061

**Telephone** 8271 8700

**Facsimile** 8271 8101

**Freecall** 1800 854 453

**Email** [info@mealsonwheelssa.org.au](mailto:info@mealsonwheelssa.org.au)

**Web** [www.mealsonwheelssa.org.au](http://www.mealsonwheelssa.org.au)

**facebook** [www.facebook.com/mealsonwheelssa](http://www.facebook.com/mealsonwheelssa)

**twitter**  [www.twitter.com/mealsonwheelssa](http://www.twitter.com/mealsonwheelssa)