

Causes of Malnutrition

W

- wounds

E

- emotional changes (low mood, depression, anxiety)

I

- illness (sickness, urine infections, chest infections)

G

- gastro problems (diarrhoea, nausea, vomiting)

H

- habits (food preferences, meal timing)

T

- tablet and medication side effects

L

- loss of memory, motivation or interest
- loss of ability to self feed or choose foods

O

- oral factors (dentures, oral thrush)

S

- swallowing (texture modified diets, pain on swallowing)

S

- sensory reduction (taste, sight, smell or hearing)