



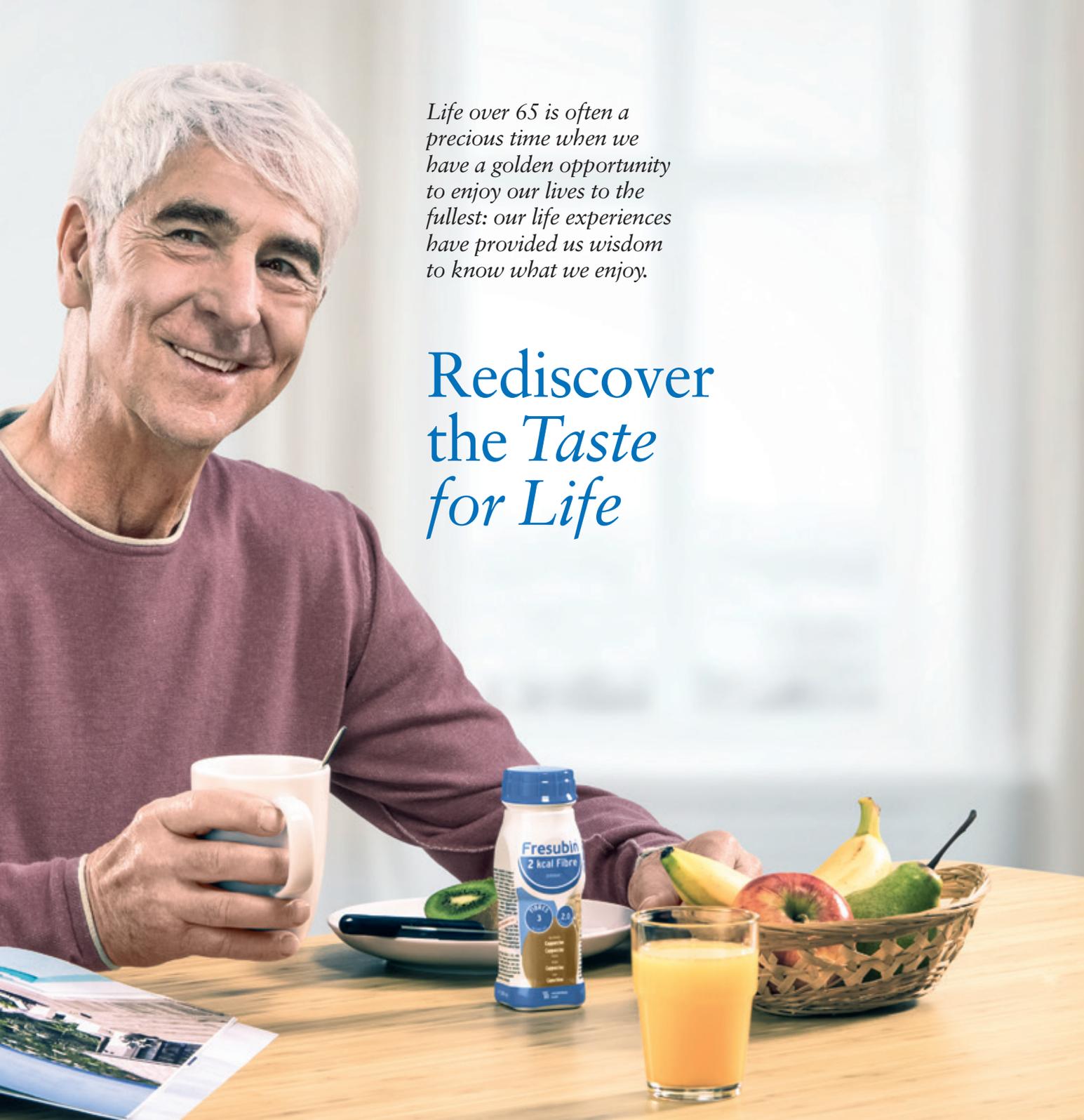
# Fresubin®

## Rediscover the Taste for Life

How good nutritional status can enhance  
the quality of later life.



 **FRESENIUS  
KABI**  
caring for life



*Life over 65 is often a precious time when we have a golden opportunity to enjoy our lives to the fullest: our life experiences have provided us wisdom to know what we enjoy.*

## Rediscover the Taste for Life

The central principles of a healthy diet remain the same throughout our lives, regardless of whether we're 25, 65 or 95. But during every stage of our lives, our bodies are constantly changing.

Perhaps you have noticed changes in your life all ready; you feeling tired more often or you have experienced a loss of energy or strength. These could be signs that you need adjustment of what you eat and drink, to support your body. A good nutritional status is crucial that our health status can be retained and our "Taste for Life" be maximised.

This is true both for you personally, and for all other older people around you in your life.

The good news is that the right nutrition at the right time can make an immense difference to your overall health and your quality of life as a whole - and you have many different nutritional options available to you.

At Fresenius Kabi, we are driven by one philosophy: caring for life. We are passionate about bringing the best solutions and being a source of valuable information to those who need it. This guide is designed to help you learn about practical ways you can help yourself, stay in control of your nutritional status and make sure your golden years are as fulfilling and satisfying as possible.

With this aim in mind, one very effective solution we offer is Fresubin - an Oral Nutritional Supplement range that supports your specific nutritional needs and lets you rediscover your Taste for Life.

*Your Fresubin team*

# We are what we eat

Several generations ago, being over 60 or 65 was associated with a deterioration in health. Nowadays many of these health issues are rightfully recognised as lifestyle-related issues.



**In other words: they are often preventable as many burdens in life are nutrition related. Through changes to our personal lifestyle habits - including, crucially, our diet.**

Whilst it is true that our lean body mass, including muscle, decreases with age, weight loss and malnutrition are not inevitable. With sufficient knowledge about the possible causes, and active measures to adjust our dietary intake to our changing nutritional needs, it is possible to maintain or regain a good nutritional status for a longer, healthier, and happier life. In short, to rediscover our Taste for Life.

As every third person over 65 years is affected by malnutrition it is crucial to have a closer look at your personal diet.

## **Benefits of a good nutritional status**

Increases your energy levels and maintain strength, so you might feel less tired to...

- Live an active life
- Feel stronger
- Stay independent
- Be emotionally balanced
- Rediscover your Taste for Life



It's good to be aware of change - so you can cope with any change before it has an adverse effect on your nutritional status.

# The same mantra, *but different*

## Healthy eating and regular physical activity are essential to maintain good health.

We're sure you will have heard this advice before. It is true at any age. And yet, some changes are inevitable as we grow older.

Changes in the later stages of our life - both physical and psychological - have a direct and sometimes profound effect on our nutritional requirements, often with the potential to put our nutritional status at risk.

Recognising this fact, and adjusting our eating and lifestyle habits accordingly, is crucial to stay in control of our own nutritional status. Also to remain alert to any warning signals relating to other over-65s who we care for.



## Physical changes that may affect your dietary intake

### Metabolism



Our metabolism (the rate at which the body burns energy) slows as we age. This reduces our capacity to absorb and utilize nutrients, making adequate nutrition more important than ever.

### Changes in taste



Older people often experience changes in flavour preferences, which can affect appetite and result in altered eating habits - such as a tendency to over-salt food due to reduced sensitivity to salty and bitter tastes.

### Medications & illness



Some health problems or medications can adversely affect appetite levels and taste sensations, making adequate consumption of nutritious food a challenge.

### Oral/dental problems



Older people with poorly fitting dentures, missing teeth or dental trouble may experience difficulty chewing and swallowing, which may prevent them eating certain foods.

### Infirmity & disability



Both physical diseases (e.g. arthritis) and a decline in mental ability (e.g. dementia) may prevent older people from being able to shop, cook, use a knife and fork, or even remember to eat at all.

## Social and lifestyle changes that may affect your dietary intake

### Loneliness & depression



Social isolation can be an obstacle to good nutrition as people may find it difficult to be alone at mealtimes. Low mood may lead to a lack of desire to prepare or eat meals.

### Bereavement



People who might not be used to cooking suddenly find themselves on their own - with a lack of cooking skills, knowledge about nutrition or desire to cook.

### Living on a budget



Many older people in our society find themselves with limited financial resources that can impact on the type and amount of food they can afford.

# What is your nutritional status?



**You might feel that you are still in the prime of your life, and can be forgiven for thinking that none of the age-related changes apply to you. You might be right.**

However if you are experiencing any of the following, it is worth talking to your doctor or pharmacist. They can assess and possibly review your dietary requirements for optimum health status and a fulfilled life.

**Have you noticed that you generally feel less hungry than you used to?**

Yes  No

**Do you feel like you have to eat even though you don't really feel like it?**

Yes  No

**Have you experienced a loss of energy or strength of late?**

Yes  No

**Is it difficult for you to eat regularly?**

Yes  No

**Has your diet changed recently?**

Yes  No

**Do you have trouble keeping up with shopping and cooking meals?**

Yes  No

**Do you feel tired more often than you think you should?**

Yes  No

**Have you noticed that you've lost weight and you're unsure why?**

Yes  No

**Do you sometimes find it difficult to chew or swallow food?**

Yes  No

**Do you suffer from digestive problems on a regular basis?**

Yes  No

**Just as a good nutritional status can have a positive impact on our lives in every respect,** a poor nutritional status can have the opposite effect. It can lead to a deterioration in health, decreased immunity to disease, fatigue, and a whole host of other issues.

## *Resist the urge to turn a blind eye*

**Malnutrition is a prevalent problem in our society and it might well be closer to home than you think.**

Even if you aren't currently at risk yourself, you may find that you recognise risk indicators amongst your family members or group of friends. Perhaps you know of vulnerable older people in your local community who could be at risk. Don't be tempted to turn a blind eye. Where possible we would urge you to reach out to them and raise awareness of the risks and the professional help available.





Everyday advice for maintaining a good nutritional status.

## *Now is the time to make those nutritional & lifestyle choices*

**There are many things we can do to maintain and optimise our nutritional intake and promote a healthier lifestyle as we get older.** The good news is it often only takes simple steps to make these positive changes, take back control of your nutritional status and regain your Taste for Life.

Here are a few tips to guide you:

### **Enjoy a wide variety of nutritious foods to meet your energy needs**

As you get older you may feel like you can't eat as much as you used to. Our bodies need less energy as we age (except during times of ill-health), and you might well be a little less active than you used to be. However, you still need the same amount of nutrients to maintain a good nutritional status - so it is more important than ever to ensure you eat a balanced diet of nutrition-packed foods to stay healthy.

Specifically, you should also aim to do the following:

- Choose foods with high-quality protein, e.g. milk, meat, fish
- Improve your intake of vitamins and minerals, e.g. eat fresh vegetables and fruits
- Look out for healthy fats and oils, e.g. olive oil, rapeseed oil
- Eat less sweets
- Eat foods that are rich in fibre, e.g. whole grain bread



### Stay as physically active as you can

Whether it's planned exercise or moderate physical activity such as gardening, walking the dog or taking the stairs instead of the elevator - incorporating either or both of these into your routine will provide you with long-term health benefits of strong muscles and joints. This will help you maintain your weight, your independence, manage stress, improve your mood, and even improve your health status if you already have diseases and disabilities. Last but not least, this overall proactive approach to life will also complement and reinforce your proactive approach to maintaining your nutritional intake.



# More food for thought



### Drink adequate amounts

People over 65 years are at a higher risk for becoming dehydrated because we tend to feel less thirsty. Dehydration can lead to feelings of disorientation, confusion, and changes in blood pressure. In addition to water, cups of tea, coffee, milk or well-diluted squash are all great ways to make sure you receive sufficient fluid.



### Try not to skip meals

It is recommended to have breakfast, and if you don't have much appetite as the day draws on, you should try to have more light snack meals later in the day. If you cannot face a cooked meal, then aim to snack on small portions of nutritious foods more frequently than mealtimes.



### Keep plenty of food in the cupboard

It is a good idea to keep a stock of basic food items that you know you enjoy eating and are easy to prepare, if for any reason you cannot get to the shops. Tinned and long life foods can be especially useful here, as well as treats and flavoursome foods that you enjoy.



### Reach out to those around you

Eating in company as much as possible can help to stimulate your mind, make mealtimes more pleasurable, let you share the cooking, and encourage your appetite. If you live alone, you could aim to make arrangements to eat with relatives, friends or perhaps neighbours. There may also be a senior meal program at a local adult daycare centre that you can enrol into.



### Nutritional supplements support your dietary intake

If you are unable to receive sufficient nutrients in your day-to-day diet to meet your dietary requirements, another effective option is to introduce nutritional supplements. These complement (rather than replace) your eating plan. If you have trouble chewing or suffer from a dry mouth, they might be a good option as they come in flavoursome liquid and spoonable form. Your doctor or pharmacist can provide you with more information on this.

Staying in touch with health professionals

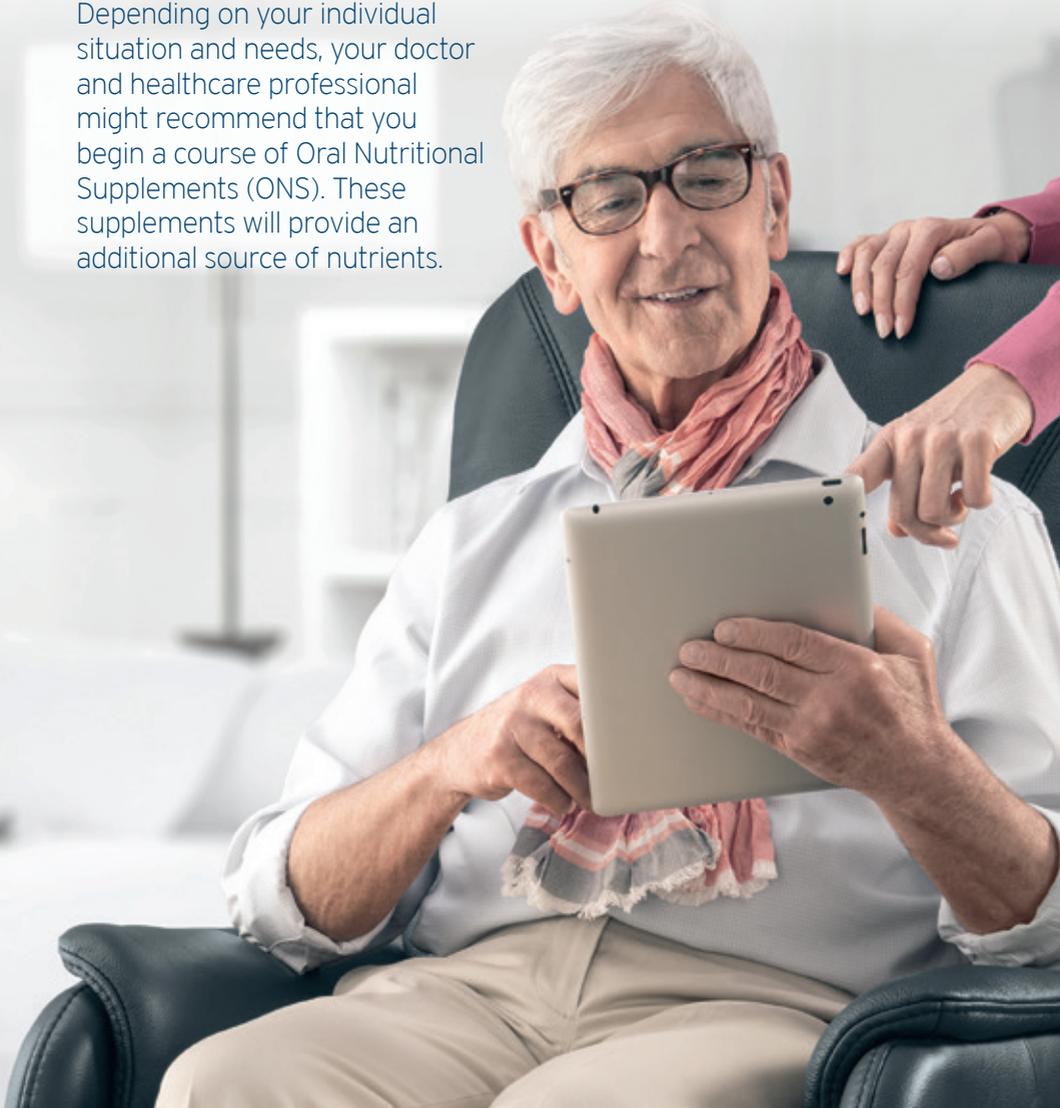


### Where to get help and advice

If you would like more information and advice about your nutritional needs, contact your doctor or speak with your local pharmacist. They can help you identify your personal nutrition goals and plan ways to help you meet them.

# A helping hand when nutrition is an uphill struggle

Depending on your individual situation and needs, your doctor and healthcare professional might recommend that you begin a course of Oral Nutritional Supplements (ONS). These supplements will provide an additional source of nutrients.



ONS can help you optimize your dietary intake, take back control of your nutritional status and refocus on your Taste for Life.

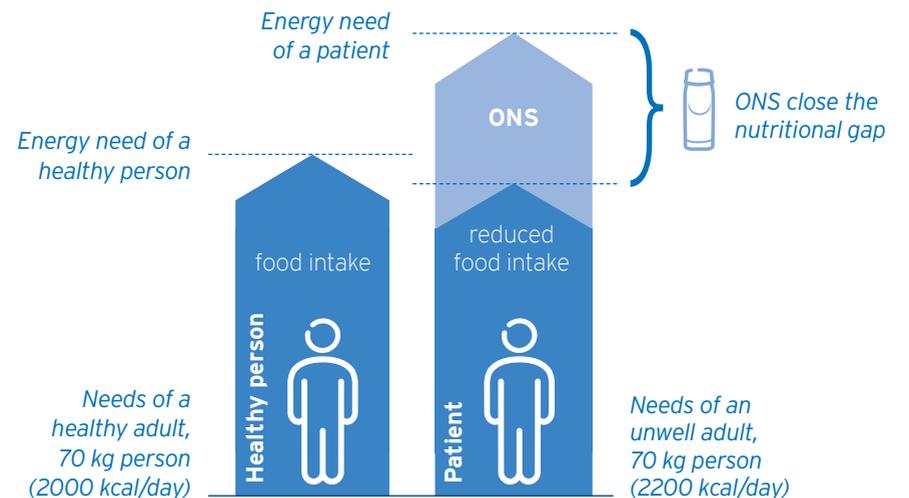
## What exactly are ONS?

ONS - oral nutritional supplements - are designed to maintain an adequate nutrition. They are often high in energy, high in protein and supply all the nutrients we require daily. ONS are used in addition to normal food if the normal diet is insufficient.

If there is an increased risk of inadequate nutrition, ONS can fill the gap with high energy and protein and many other essential nutrients. When used for a longer period, they demonstrably improve nutritional status. They are an effective solution for the dietary management of people with or at risk of nutritional deficiencies.



Products with different energy densities are available depending on individual requirements, to enable personalised nutritional management. Many flavour varieties and different presentations such as drinks or puddings allow individual choice, so that even with longer-term nutritional supplementation there is still variety.



Benefits of nutritional supplementation with ONS:

- ✓ Increased body weight
- ✓ Gain in muscle strength and mobility
- ✓ Improved quality of life
- ✓ Reduced functional impairments

## The effectiveness of ONS is scientifically proven

ONS are officially recommended as a method of increasing energy, protein, and micronutrient intake, maintaining or improving nutritional status, and improving survival in patients who are undernourished or at risk of malnutrition.

Be sure to seek the professional advice of your doctor or pharmacist to identify if ONS is right for you, which kind of ONS holds the most potential, and how regularly your progress taking ONS should be assessed and reviewed. This will vary depending on your individual nutritional needs.



**ONS can help equip you with the physical strength required to overcome challenges in this period of life** - and in turn to provide you with the fuel for life so you can begin to rediscover the Taste for Life.



# Rediscover the *Taste for Life* with Fresubin



**Fresubin** is a reliable and effective ONS designed especially for older people who require supplementary essential dietary intake, yet still want to enjoy flavour and individual choice at the same time.

**Fresubin 2 kcal** provides high-energy and protein density, supporting your health, your nutritional status, overall well-being and quality of life.



# Fresubin can *bring variety* to your diet

The Fresubin range offers a broad assortment of customized ONS solutions whenever you need them.



high energy



high protein



vitamins



minerals



trace elements

Ready-made drinks and spoonable dessert style supplements are available in a variety of flavours, Fresubin empowers you to make the choice that's best for you and refocus on all the things you love in life. In doing so, it helps you rediscover the Taste for Life.



### Effectiveness

Fresubin offers a reliable source of nutrients in balanced formulations and concentrated form. They are intended to maintain and/or improve a good nutritional status by closing the nutritional gap between the daily food intake and the body's needs. There are a variety of products which provide energy, protein, and micronutrients.



### Convenience

Fresubin are ready to use and easy to handle products in ergonomic packaging. The wide variety of textures and the range of great tasting flavours to suit individual preferences allows optimal combinations and avoid taste fatigue in the diet.



### Reliability

As people in need of nutritional support are particularly vulnerable, we are acutely aware of the importance of quality and safety. We take great care to verify that the nutritional profile of our products fits perfectly for the respective indications and latest scientific evidence to ensure the best products and the best mixture of ingredients.

# Find the right format and flavours for your needs

## Sip feeds

- **Fresubin 2 kcal DRINK**
- **Fresubin 2 kcal Fibre DRINK**



### Fresubin sip feeds:

- ✓ specifically designed "EasyBottle"
- ✓ ergonomic format
- ✓ simple handling

**Just one bottle a day provides you with the minimum effective dose of energy and micronutrients to improve your nutritional status and increase your quality of life.**

Please talk to your doctor or pharmacist about your individual requirements.

### Fresubin 2 kcal DRINK

Apricot-Peach

Cappuccino

Fruits of the Forest

Neutral

Toffee

Vanilla

### Fresubin 2 kcal Fibre DRINK

Apricot-Peach

Cappuccino

Chocolate

Lemon

Neutral

Vanilla



## Spoonable products

- **Fresubin 2 kcal Crème**

### Fresubin Crème products:

- ✓ excellent nutritional profiles
- ✓ delicious taste
- ✓ perfect alternative to drinks

### Fresubin 2 kcal Crème

Cappuccino

Chocolate

Praliné

Vanilla

Wild Strawberry

## Fresubin - by Fresenius Kabi

Fresubin is Fresenius Kabi's nutrition brand that you can drink or eat. This range of products is designed to support you through times of ill-health by helping to maintain strength and vitality with nutrition.

We have developed this range with expertise and passion as we care about your health. The result is effective and convenient products and services that you can trust.

**Let the Fresubin range help you Rediscover your Taste for Life.**



**FRESENIUS  
KABI**

caring for life

Fresenius Kabi Deutschland GmbH  
61346 Bad Homburg  
Germany

Phone: +49 (0) 61 72 / 686-0  
[www.fresenius-kabi.com](http://www.fresenius-kabi.com)