



<https://www.malnutritionpathway.co.uk>

FATIGUE

The Royal College of Occupational Therapists provide some useful advice on conserving energy and pacing activity to manage fatigue:



www.rcot.co.uk/conserving-energy

If you are constantly tired, try some of the energy saving ways from the list below to help you eat a balanced diet with sufficient calories and protein:



- Eat softer foods that are easier to swallow
- Buy ready meals to reduce the amount of energy required to cook
- Consider buying items that lessen the burden of cooking - for example marinated chicken to which you just have to add the vegetables to the main part of the meal
- Prepare food when your energy levels are at their best, this might be in the morning. Keep a stock of frozen vegetables in the freezer to reduce the amount of preparation required for meal times
- Using a slow cooker or preparing a casserole means you can make meals ahead of when you might eat them. If you make extra amounts you can freeze portions that can be eaten another day
- If you find you tire over the day you might wish to swap your cooked meals and snack meals around for example try a cooked breakfast or have your main meal at lunchtime and have a snack or bowl of cereal in the evening
- Ask friends and family to stock the freezer or fridge with portioned meals
- Order your shopping online and get it delivered
- Keep a stock of foods in your cupboard so you know you have some items in store to use if you are too tired to shop or wish to shop less frequently. Useful store cupboard ideas can be found at <https://bit.ly/3GX2Vmm>
- Find out what assistance is available locally via social services such as meals on wheels, befriending services, help within the home, dining clubs

Note: If you are diabetic, ensure your diabetes is managed as well as possible as poor blood glucose control can make fatigue worse