

# ARE YOU LOSING WEIGHT?

## 食欲不振和无意减重



You may be at risk of poor nutrition if you lose more than 3 kg in 3-6 months unintentionally.

若您的体重无意中在过去3至6个月内下降超过3公斤，您可能有高风险患有营养不良。

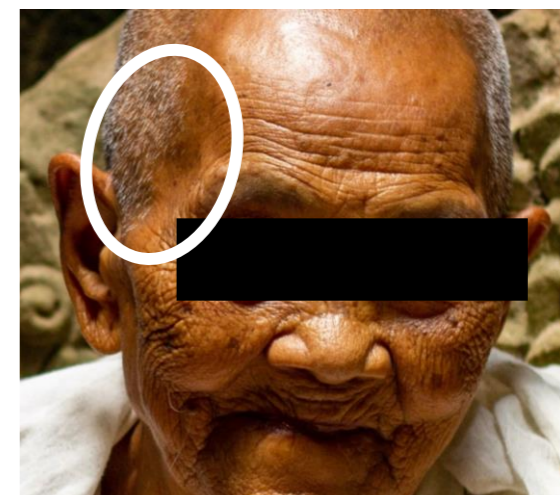
### Signs of weight loss 症状



Loose clothes  
感觉衣服变松



Thin arms or legs  
消瘦的手臂或腿



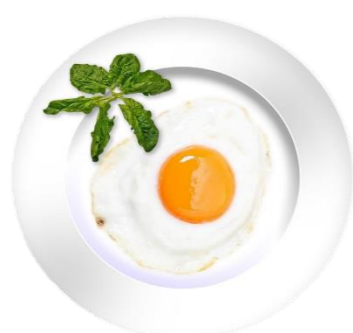
Sunken temples  
太阳穴下陷

### What can you do to get enough nutrition?

#### 如何摄取足够的营养?

Eat small meals throughout the day  
少量多餐

Eat 3 meals & 3 snacks a day  
每天吃三餐和三小吃



Eat foods with high energy and protein 吃高热量和蛋白质的食物或零食



Biscuit with Filling 饼干  
Sponge Cake 海绵蛋糕  
Png Kueh 饭糰  
Rainbow Kueh 九层糕  
Yoghurt Drink 酸奶饮料  
Milk 牛奶  
3-In-1 Drink 三合一饮品



Egg  
鸡蛋



Tofu  
豆腐



Sardines  
罐頭沙丁魚



Chicken  
雞肉



Beans  
豆类



Cashews  
腰果



Yoghurt  
酸奶

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