

Additional file 3. Screenshots of the online nutrition educational resource

Figure 1. Dashboard of online resource upon logging in



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Hello, Adeline Lau

Welcome to the FITTEST Study Learning Portal, your gateway to program materials, documents and assessments.

Find out how to use this website via the 'getting started' button below.

Getting started

You can access the study sections via the links below:



Pillar 1: Exercise

Access fact sheets and videos about why exercise is important, how to monitor progress as well as the side effects and benefits.



Pillar 2: Nutrition

Learn more about your risk of undernutrition and complete the 'rate your eating habits' quiz.

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Figure 2. The four pillars associated with frailty



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Pillar 2: Nutrition

Learn more about your risk of undernutrition and complete the 'rate your eating habits' quiz.



Pillar 3: Medication optimisation

Learn how to take your medicines safely and maintain an up-to-date medicine list.



Pillar 4: Social support

Find information about the role of social support and engagement to your health and wellbeing.

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Figure 3. The nutrition pillar which participants focused on for this study



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[How nutrition can affect frailty](#)

[Rate your eating habits](#)[Maintaining a healthy weight](#)[Don't feel like eating? \(low appetite\)](#)[Healthy eating for your muscles \(protein\)](#)[How much protein do I need?](#)[Eating when sick](#)[Keeping hydrated](#)[Staying regular \(avoiding constipation\)](#)[Eating with others](#)[Preparing easy meals on a budget](#)[Recipe ideas](#)[General healthy eating to reduce frailty](#)[What next?](#)

How nutrition can affect frailty

The way we eat plays a big role in preventing and managing frailty. Of key concern is undernutrition, which develops when we do not eat enough of key nutrients such as protein and energy (calories).

Rate your eating habits

To learn more about your risk of undernutrition, you can complete the rate your eating habits quiz. The quiz is designed to help you understand your eating habits, pinpoint potential nutrition risks, and guide you to find information on our website that is best suited to you.

You can complete the quiz as many times as you would like. The research team will not collect any of this information.



I want to rate my eating habits

Key topics

Lets talk about weight

Staying regular (avoiding constipation)

Don't feel like eating?

Eating with others