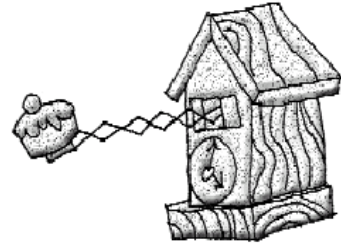


What to Eat When You Have a Poor Appetite and Weight Loss

Try to eat little and often

Frequent meals and snacks are easier to manage and better for the body to digest.

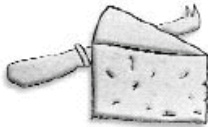
Snack suggestions – cheese, crisps, full fat yoghurt, full fat fromage frais, cheese and biscuits, crème caramel, trifle, nuts, biscuits and cakes.



Go for high energy foods

Now is a time to make sure what you eat is energy dense so avoid foods that are low fat or low sugar until you are well again.

Enrich food and drinks



Food and drink such as cereal, porridge, milk puddings, tinned fruit, milky drinks, potatoes, soup and vegetables can be enriched with cream, evaporated milk, sugar, or glucose (which is less sweet), butter, margarine or cheese.

Milk is marvellous

Milk is often easy to manage when your appetite is poor. Make sure it is full fat, and you can even fortify it by adding 2–4 tablespoons of milk powder to the milk itself.



Try specialised milkshakes and soups

Milkshakes and soups designed especially for people who are unable to eat normally are available at most supermarkets and chemists. These products include Build-up, Complan and Recovery.

Don't fill up on fluid

Drinking at meals or having soup will fill you up and make less room for energy dense food so try drinking after the meal rather than before or during.

Appetite stimulators

Exercise, alcohol and fruit juice can all stimulate your appetite but don't forget to check with your doctor before trying anything new!

If your appetite, food intake or weight do not improve speak to your doctor about being referred to a dietitian.