



Tips for Dealing with Loss of Appetite

This guide has been prepared for your use by registered dietitians. If you have questions or concerns, please call the nearest Aurora facility to contact a dietitian.

Some medications or treatments may cause a decrease in appetite. The following suggestions may help improve your appetite. If you are unable to eat enough to maintain your weight, talk to your health care provider.

Eat a variety of foods to maintain health

- Have easy, convenient, ready-to-eat items available.

- Trail mix with nuts and dried fruit
- Cheesecake
- Granola bar
- Frozen waffle with peanut butter
- Pudding, custard

Eat smaller meals more often

- Eat 6 to 8 small, nutritious meals each day.
- Eat when hungry – even if it is not a regular mealtime.
- Aim for small meals or snacks every 1 to 2 hours even if only a few bites.
- Eat your largest meal when your appetite is best.

Limit liquids at meals

- This will help to keep from feeling full early.

Change the time, place and surroundings of meals

- A different table setting or a candlelight dinner may make mealtimes more appealing.
- Have a bedtime snack.

Keep high protein, high calorie snacks handy for nibbling

- People eat more when food is handy.
- Ideas for easy snacks are:
 - Peanut butter and jelly sandwich
 - Bagel and cream cheese
 - Milkshake, malt, fruit smoothies
 - Deviled or hard-cooked eggs
 - Milk and cookies
 - Cheese and crackers
 - Grilled cheese sandwich
 - Cottage cheese with fruit
 - Yogurt with fruit, walnuts or granola
 - Cereal with milk
 - Supplement drinks Ensure or Boost
 - Apple with caramel dip
 - Cinnamon and sugar toast
 - Corn chips with guacamole or bean dip
 - Crackers and hummus
 - Cream soup

Relax, especially at meal times

- Eat slowly.
- Listening to music or watching a favorite TV program.
- Eat with family and friends.
- Ask family or friends to help with grocery shopping and food preparation.

Exercise increases appetite

- Try to take a walk.
- Continue as many of your usual daily activities as possible.

Ask your doctor about medications

- Often constipation, nausea, pain or other side effects that affect your appetite can be lessened.

**For a list of Aurora facilities with a dietitian, please call
Aurora Health Care toll free at 888-863-5502.**