

Nutrition Assistant Application

PROBLEM STATEMENT

A variety of medical problems can affect your appetite. Your illness, medicines or surgery can cause these problems. Many people become frustrated when they know they need to eat to get well but they aren't hungry, or when they gain weight because they are fatigued and unable to exercise. Each of the following sections describes a nutritional problem and suggests possible solutions. Not all solutions will work for everyone.

SOLUTIONS:

Meal guidelines:

- Drink beverages after a meal instead of before or during a meal so you do not feel as full.
- Plan meals to include your favorite foods.
- Try eating the high-calorie foods in your meal first.
- Use your imagination to increase the variety of food you're eating.
- Take advantage of times of the day when your appetite is best. For example, some people have a better appetite in the morning and can eat a larger breakfast.

Snack guidelines:

- Don't waste your energy eating foods that provide little or no

nutritional value (such as potato chips, candy bars, colas and other snack foods).

- Choose high-protein and high-calorie snacks.

Dining guidelines:

- Make food preparation an easy task. Choose foods that are easy to prepare and eat.
- Make eating a pleasurable experience, not a chore.
 - Liven up your meals by using colorful place settings.
 - Play background music during meals.
- Eat with others. Invite a guest to share your meal or go out to dinner.
- Use colorful garnishes such as parsley and red or yellow peppers to make food look more appealing and appetizing.

Weight loss:

If your doctor tells you that you have lost too much weight, or if you are having difficulty maintaining a healthy weight, here are some tips:

- Drink milk or try one of the "high-calorie recipes" listed below instead of drinking low-calorie beverages.
- Avoid low-fat or low-calorie products unless you have been given other dietary guidelines. Use whole milk, whole milk cheese and yogurt.

Use the "Calorie Boosters" listed below to add calories to your favorite foods.

High-calorie snacks:

- Ice cream.
- Cookies.
- Pudding.
- Cheese.
- Granola bars.
- Custard.
- Sandwiches.
- Nachos with cheese.
- Eggs.
- Crackers with peanut butter.
- Bagels with peanut butter or cream cheese.
- Cereal with half and half.
- Fruit or vegetables with dips.
- Yogurt with granola.
- Popcorn with margarine and parmesan cheese.
- Bread sticks with cheese sauce.