



## A guide to eating well if you have a small appetite for clients in a community setting or on a community caseload

If you are eating less or have lost weight without planning to, simple changes to your meals and snacks may make a difference. You may be recommended foods that you would think are unhealthy. This is the recommended diet until your appetite improves.

### Why do you need to eat well?

- If you have a poor appetite, you may have lost weight or be at risk of losing weight
- Eating too little may also affect your energy levels
- Lack of protein, minerals and vitamins may make you more prone to illness or delay the healing process
- It is important that you eat a balanced diet to provide all the necessary nutrients. These can be provided by simple meals and snacks.



### Helpful Hints

- Aim for 3 small meals and 2 to 3 snacks a day if your appetite is poor
- Take drinks after your meal, not before or during as this can fill you up
- Drinks, snacks and meals can be fortified to make them more nutritious
- Smoking can reduce your appetite - try to cut down or stop smoking
- Eating breakfast may help you eat better for the rest of the day
- Add variety to your diet wherever possible to make meals more interesting
- Convenience foods can be useful if you find cooking difficult or tiring.



This dietary advice sheet gives some general information to help you make changes to your diet. If your appetite does not improve or you lose more weight or you find making these changes difficult, please discuss with your doctor.