

What to do if you don't feel like eating

An illness, treatment, or medication can make you feel like you're not hungry. It is still important to keep your calories up to meet your body's needs. No one likes to think about eating when they have no appetite, but eating may help you feel better. You can get the nutrition you need by trying the following:

- ☞ Schedule your meals instead of waiting to be hungry.
- ☞ Eat small amounts more frequently.
- ☞ Eat a larger meal when you feel your best.
- ☞ Eat dinner foods for breakfast and breakfast foods for dinner.
- ☞ Limit fluids 30-60 minutes before meals and during meals.
- ☞ Serve foods at room temperature or cold since they will be more appealing than hot foods.
- ☞ Use different textures and color of foods to add "eye appeal" to your meal.
- ☞ Experiment with new foods.
- ☞ Keep a variety of healthy snacks available to eat quickly when you feel hungry.
- ☞ Exercise regularly to increase your appetite.
- ☞ Use a nutritional supplement drink such as Ensure, Boost, or Carnation Instant Breakfast. Check with your doctor or dietitian for help.
- ☞ Use cheese, cottage cheese, eggs, fish, poultry, nuts, peanut butter, milk shakes, custards, pudding, or yogurt as sources of protein if red meats have lost their appeal.
- ☞ Plan a bedtime snack.

