Tips and Recipes for Good Nutrition
To Help with Loss of Appetite

General Tips for Loss of Appetite:
- Instead of 3 meals, eat 5-6 small meals more often.
- Try soft, moist foods. These take less work to eat and are often easier to get down.
- Make every bite count by choosing high calorie, high protein foods.
- Drink high calorie milkshakes and supplements instead of low calorie drinks like diet soda.
- Make your meals attractive and eat in a calm atmosphere with others (if possible).
- Avoid drinking too much fluid or carbonated drinks before you eat; this can make you feel full.

Foods and Ideas to Increase Calorie and Protein Intake:
- Peanut or almond butter
- Greek yogurt
- Ice cream (regular or coconut)
- Tofu
- Cheese
- Puddings and custards
- Nuts
- Eggs/omelets
- Cottage cheese
- Beans/legumes
- Whole or soy milk
- Cream soups
- Make tuna salad, chicken salad, egg salad or pasta salad with extra mayonnaise
- Drizzle 1-2 tablespoons of olive oil onto pasta, soups, meatloaf, etc.
- Make hot cereal with half and half or whole milk
- Add powdered milk to liquids, moist foods and other recipes

Recipes:

Watermelon Smoothie - Provides 500 calories, 24 grams protein per serving.
2 cups cubed seedless watermelon
1 tablespoon honey or agave nectar
1 cup fruit flavored sherbet
1 scoop unflavored protein powder
Directions: Blend above ingredients together in a blender until smooth.

High Calorie, High Protein Pudding - Provides 260 calories, 6 grams protein per serving.
1 package instant pudding mix
2 cups half and half
1/3 cup nonfat dry milk powder
Directions: In a large bowl mix ingredients together. Chill until set. Makes 4 servings.

Simple Weight Gainer Shake - Provides 600 calories and 17 grams protein per serving.
1 - 8 ounce high calorie bottled supplement, chilled
1/2 cup ice cream (use coconut ice cream if avoiding dairy)
Directions: Blend above ingredients together in a blender until smooth.

If you need to follow a special diet or have questions or concerns, please ask your nurse to contact the dietitian for a complimentary nutrition consult.