

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.