

Poor Appetite

- Try small frequent meals instead of three large meals
- Serve your favorite foods often
- Use your imagination and increase the variety of your foods
- Keep high protein and high calorie snacks available
- Avoid non-nutritive beverages such as black coffee, tea or water
- Vary food colors and use garnishes to increase eye appeal.
- If you can only eat small amounts, make your calories count: add butter, mix cream soups with milk instead of water, drink eggnog or milkshakes, add cream sauces and gravies to meats or pasta. Add cheese to vegetables.