

DIETARY ADVICE FOR A POOR APPETITE

During treatment it is common to have a reduced appetite, which may lead to some weight loss. If you find that you are eating less than normal or losing weight, it is important to eat as nourishing a diet as possible.

Try the following suggestions:

- Aim to eat small but frequent meals and snacks throughout the day
- Include at least 1 pint of full cream milk each day. This can be taken in drinks, on cereals or in puddings. Use milk to make coffee, hot chocolate or cocoa. Use milk instead of water to prepare soups, sauces and jellies
- Avoid low calorie, low fat or sugar free products

Enriching Foods to Add Extra Calories

- Use extra butter/margarine on bread and crackers, add to mashed potatoes or vegetables
- Sprinkle grated cheese onto soups, stews, sauces, potatoes, vegetables and scrambled eggs
- To puddings add: cream, custard, ice cream, evaporated or condensed milk, jam, honey or syrup. Aim to have puddings once or twice per day
- To breakfast cereals and porridge add: full cream milk, evaporated milk, yoghurt, syrup, honey or sugar
- Add double cream to soups, desserts or fruit

Also:

- Don't rush your meals. Take time to relax and enjoy them
- Try not to drink just before a meal. This may reduce your appetite for the food
- Make the most of good days by eating well and try to include your favourite foods
- If cooking is difficult or makes you tired, convenience foods can be useful. Try frozen, chilled or packet ready meals