

## Tips to Control a Decreased Appetite

Below are some tips on how you can control a decreased appetite:

- Eat between 6 and 8 small meals a day instead of three big meals.
- Try to create a meal routine and eat at the same time every day so your body can get used to the pattern and can “wait” to receive food at that time.
- Fill up Ziploc® bags with high-calorie protein content. Prepare them in large quantities when convenient (or ask a relative or friend to prepare them for you) and keep them ready in your refrigerator or pantry. Set a timer to go off every 2 to 3 hours. Each time it rings, eat a snack! ***Try the easy-to-make snacks on the back of this page.***
- To eat additional proteins, add nonfat dried milk to your cereal, scrambled eggs, yogurt, soup, pudding, etc.
- Fill up the pantry with your favorite foods.
- Eat every time you get hungry. If you are hungrier in the morning, make this your richest meal of the day, even if you are used to eating a small breakfast or do not typically eat breakfast at all.
- Drink beverages between meals. If you drink a beverage while you are eating, you will feel fuller quicker.
- Drink beverages with higher calories during the day, such as fruit juice, nectar, milk, Carnation Breakfast Essentials®, high-protein nutritional supplements, or shakes.
- When you eat, start with the high-protein foods first.
- Exercise/move regularly. This can help improve your appetite.
- Try new recipes and spices often to widen your variety of foods.
- Keep the environment where you eat relaxing. If you are stressed out or anxious, you will likely eat less.
- When you go outside, take snacks with you, such as crackers with peanut butter, boxes of raisins, or a mixture of nuts and dried fruit.

## Easy-to-Make Snacks

- Add a spoon of chopped walnuts to cereal, yogurt, pudding, salads, or eat a good amount of them on their own
- Add avocado slices to sandwiches or salads, or guacamole to your nachos, tortillas, or pita bread
- Bagels and cream cheese
- Carnation Breakfast Essentials® mixed with a cup of milk
- Celery filled with cream cheese, cheese spread, hummus, or peanut butter
- Cereal and milk
- Cereal/bars for breakfast
- Toast with cheese
- Chocolate milk
- Cottage cheese with fruit (or without it)
- Cream soups (make them with whole milk, cream, or half-and-half to increase the calories)
- Dried fruit
- Easy-to-make dried fruit and nut mix: ¼ cup peanuts, ¼ cup raisins, ½ cup granola (530 calories)
- Fruit and cheese
- Boiled and deviled eggs
- Hummus with whole-wheat pita bread, cherry tomatoes, or baby carrots
- Macaroni and cheese
- Muscle Milk® beverage
- Peanut butter and apples (or any fruit) or crackers
- Pudding/flan
- Slices of turkey, chicken, or ham
- Cheese sticks/slices and crackers
- Toast with peanut, cashew, or almond butter
- Tuna, egg, or chicken salad with crackers or toast
- Yogurt with granola and fresh fruit (or without it); try Greek yogurt to consume more protein