

Tips for Managing Decreased Appetite

- Eat six to eight small meals a day instead of three large meals.
- Create an eating routine. Try to eat at the same times every day so that your body will get used to the pattern and “expect” to be fed at that time.
- Fill zip-lock bags with high-calorie/high-protein snacks. Prepare them in bulk when you feel best (or get a family member or friend to prepare them for you), and keep them ready in your refrigerator or pantry. Set a timer to go off every two to three hours. Each time the timer goes off, have a snack! Try the easy snacks shown on the back of this sheet.
- Add skim milk powder to the milk in your cereal, scrambled eggs, yogurt, soup, pudding, etc. for additional protein.
- Stock up on your favorite foods.
- Eat the most when you feel the hungriest. If you are hungriest in the morning, make that your largest meal of the day, even if you are accustomed to eating a small breakfast or skipping breakfast.
- Drink beverages between your meals. If you drink a beverage while you’re eating, you will feel full faster.
- Drink higher-calorie beverages during the day, such as fruit juice, nectar, milk, Carnation Essentials, nutritional supplements, or a high-protein smoothie.
- When eating, eat high-protein foods first.
- Get regular exercise/movement. This can help improve your appetite.
- Try new recipes and seasonings often to improve your variety of foods.
- Keep your eating environment relaxing. If you are stressed or anxious, you will feel less like eating.
- Take snacks with you when you go out, such as peanut butter crackers, a small box of raisins, or trail mix.



Easy Snacks

- ½ cup mixed nuts and dried fruit
- Add a tablespoon of chopped nuts to cereal, yogurt, pudding, or salads, or eat a handful by themselves
- Add slices of avocado to a sandwich or salad, or have some guacamole with chips, tortillas, or pita bread
- Bagel and cream cheese
- Carnation Essentials mixed with a cup of milk
- Celery stuffed with cream cheese, cheese spread, hummus, or peanut butter
- Cereal and milk
- Cereal/breakfast bars
- Cheese toast
- Chocolate milk
- Cottage cheese and fruit (or either one alone)
- Cream soups (make them with whole milk, cream, or half-and-half to increase calories)
- Dried fruit
- Easy trail mix: ¼ cup peanuts, ¼ cup raisins, ½ cup granola (530 calories!)
- Fruit and cheese
- Hard-boiled eggs, deviled eggs
- Hummus with whole-wheat pita bread, cherry tomatoes, or baby carrots
- Macaroni and cheese
- Muscle Milk
- Peanut butter and apples (or any fruit) or crackers
- Pudding/custards
- Slices of turkey, chicken, or ham
- Sliced or string cheese and crackers
- Toast with peanut butter, cashew butter, or almond butter
- Tuna, egg, or chicken salad on crackers or toast
- Yogurt with granola and fresh fruit (or alone); try Greek yogurt for extra protein