

A Guide for Patients and Families

Tips on Managing Loss Of Appetite

Overview

Losing the desire to eat is common when you are unwell. Forcing yourself to eat may only make you feel worse.

Ways to manage loss of appetite:



Make sure you are **relaxed and seated comfortably** during mealtime.

Take your medication as ordered by your doctor for nausea/vomiting.





Have small, frequent meals with high energy/high protein snacks in between your meals.

Prepare food that smells good and looks good. Pay attention to the way food is presented to help stimulate appetite. This will make you want to eat more.



Try new food to add variety to your meal.

Consider adding seasoning or spices to enhance the taste of your food.



Use appropriate-sized plates and bowls when serving meals.

While it is important to ensure sufficient water intake every day, do not drink too much water before and during mealtime.





Make sure to eat with people and be social. People usually eat more when they are socialising, and mealtime is fun and enjoyable.

Exercising regularly reduces stress and increases metabolism which will increase your appetite.



Take care of mouth sores and other oral-related problems that can make eating unpleasant.

Inform your doctor if your appetite remains poor despite trying all the methods mentioned. Do approach and speak to your doctor or nurse if you have any concerns about food choices.