

# Poor Appetite

What you can do to get enough

**Nutrition**

## 1 Eat small meals throughout the day

Eat 3 meals and 3 snacks a day



## 2 Eat foods with high energy and protein



Eggs



Sardine/chicken puff



Tofu



Full cream yoghurt



Fish



Chicken



Beans



Cashew nuts



Biscuits with filling



Sponge cake



Kueh Lapis



croissant



Rainbow kueh



Png kueh

## 3 Drink nourishing fluids

Water, plain coffee and tea have very little nutrition. Choose these instead.



Yoghurt drink



Full cream milk



Cream soup



Soy milk



Scan the QR code to access more health information on our TTSH Health Library

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