

Coping with Low Appetite

Schedule Time To Eat	Set a reminder for each meal and snack during the day. Having regular mealtimes helps stimulate your appetite. Try to eat every 2-3 hours.
Eat Nutrient Rich/Dense Foods	<p>Concentrate on foods that provide you with more calories per volume and a variety of nutrients.</p> <p>Make sure to have protein at each meal or snack: eggs, milk, yogurt, cheese, meat, poultry, fish, legumes, nuts/seeds & nut butter.</p> <p>Eat grains/starches, protein & added fats first, before fruit/veggies which contain more fiber and can cause you to feel full faster.</p>
Eat Small Meals More Frequently	Have 5-6 smaller “meals” per day instead of 3 meals + snacks. As your appetite increases, you can start increasing portions.
Eat Less Fiber	Although it may feel unnatural, eating a lower-fiber diet can help prevent you from becoming full so fast until your normal appetite comes back.
Use Liquids	Drinking calories can be easier than chewing them when you aren’t hungry. Make smoothies that can act as a meal replacement or to make a meal/snack larger. Use milk, fruit juice, fruits, protein powder/yogurt, & oils/fats (avocado, nuts, seeds, etc.) to add calories.
Limit Beverages At Meals	Unless you are using a smoothie as part of that meal/snack, drinking fluids prior to or during meals can affect your appetite and make you consume less. We want you to consume the calorie & nutrient dense foods first. Don’t fill up on water!