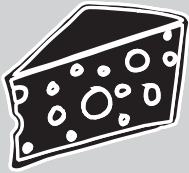
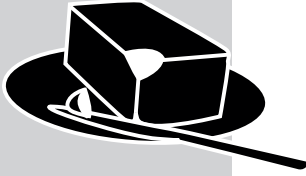




Belfast Health and
Social Care Trust



Helpful tips for people with a
Poor Appetite



If you have a poor appetite or have lost weight recently, making simple changes to your food choices can help.

This leaflet provides some helpful tips on how to prevent further weight loss.

- Eat little and often, aiming for three small meals. Try to have regular snacks or milky drinks if you can.
- Avoid drinking large amounts before meals as this may fill you up. Instead sip drinks throughout the day.
- Try to have at least one pint of full cream milk (blue top) per day. This can be included in drinks, puddings and cereals.

TIP

Add four tablespoons of dried milk powder (eg. Marvel or supermarket brand) to one pint of full cream milk per day and use this as ordinary milk for extra calories and protein.

- Add plenty of butter or margarine to breads, potatoes and vegetables.
- Add full fat mayonnaise, salad cream or dressing to sandwiches, salads etc. Make sure all products are pasteurised.
- Try to fry foods more often.
- Add full fat grated cheese to sauces, scrambled egg, baked beans, potatoes and vegetables.
- Add double cream to soups, sauces, desserts and porridge.
- Add sugar or honey to hot drinks, breakfast cereals and desserts.
- Add jams, marmalades, chocolate spread or peanut butter to breads.

The advice in this leaflet may not be suitable if you follow a 'special diet' for conditions such as diabetes, coeliac disease or have a food allergy – please speak to your Dietitian or GP if concerned.



Produced by Oncology and Haematology Dietitians
Northern Ireland Cancer Centre, Belfast City Hospital

Published - May 2014

Review - May 2016