

NUTRITION TO GO

Increasing Your Appetite

Why Worry?

As you age, you may have less of an appetite.

Some reasons for this include:

- **The body takes longer to digest food**
- **Less activity or exercise**
- **Not drinking enough water**
- **Foods taste different**
- **Dental/tooth problems make it harder to chew foods or swallow**
- **Side effects from medication**

Why is Boosting Your Appetite Important?

It may be hard to get enough nutrition to keep you healthy when you have less of an appetite.

This can cause malnutrition.

Symptoms include weight loss, feeling tired, muscle loss or weakness, weaker bones, depression, problems with memory, and/or weakened immune system.

Tips to Boost Your Appetite

- 1 Create an eating schedule for meals and snacks.** If you eat around the same times every day, your body will start to get hungry at those times.
- 2 Eat smaller meals.** Try eating 5 small meals instead of 3 large meals.
- 3 Boost flavor.** Add flavor with healthy herbs and spices to make a meal more tasty.
- 4 Stay active.** Regular exercise can boost your appetite.
- 5 Snack smart.** Try healthy snacks that are high in protein and healthy fat like yogurt or cottage cheese with fruit or peanut butter on whole grain crackers.
- 6 Drink meals instead.** Smoothies and softer meals like soups are a great way to get more nutrition without having to chew.

Boost Your Appetite Checklist

Directions: Check the box below if you did the following in one day.



Daily Fruit and Vegetable Recommendations:

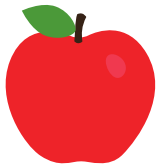
2 cups of fruit & 2 cups of vegetables

☐

I ate 2 cups of vegetables

☐

I ate 2 cups of fruit



Fruit Examples:

- 1 medium piece of fruit, whole or cubed = 1 cup
- ½ cup dried fruit (raisins, prunes, etc.) = 1 cup

Vegetable Examples:

- About 12 baby carrots = 1 cup
- Cooked vegetables, size of a baseball = 1 cup
- 1 large sweet potato = 1 cup



Daily Water Recommendations: About 6-8 cups of water

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I drank 1 cup of water

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I drank 1 cup of water

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I drank 1 cup of water

☐

I drank 1 cup of water

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I drank 1 cup of water

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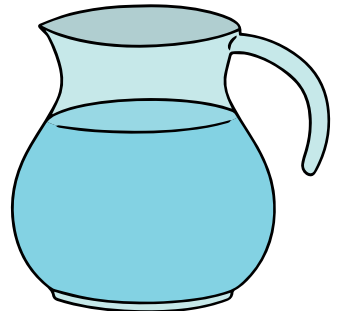
I drank 1 cup of water

☐

I drank 1 cup of water

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I drank 1 cup of water



Daily Exercise Recommendations: At least 30 minutes

Exercise Examples:

- Walking, dancing, gardening, hiking, household chores

