

Eating and Drinking

Following a healthy diet is what we all try to do but this may change when we become unwell and our appetite changes.

Poor appetite can be associated with disease and symptoms or can be due to treatment (ie. radiotherapy and medication).

Problems such as sickness, having a sore mouth, difficulties in swallowing or changes in bowel movements can reduce the amount we feel able to eat.

Helpful Diet Tips

Here are some useful suggestions that might help you:

- Try and sit upright if possible when eating
- If you use oxygen make sure you have it on, eating can make you feel breathless.
- Use medication to reduce pain or nausea.
- Cold meals can be as good for you as hot meals and quicker to prepare.
- Softer foods and puddings may take less effort to eat. e.g. Shepherd's pie, fish, scrambled eggs.
- Microwaving food or readymade meals, whether fresh, frozen or canned, can save time and effort.
- Eating small meals and snacks more frequently may be easier to face than 3 larger meals. Little and often is often the key. Use a small plate to stop yourself feeling over whelmed by a large amount
- Try to drink plenty of liquids: nutritional supplements such as Fortisip, and adding cream to soups etc. can increase your calorie intake.
- A small amount of alcohol taken before a meal can stimulate your appetite.
- Try to prepare meals in advance if possible or ask others to help. Prepare twice as much food and freeze half.

Please speak to a health care professional if you are concerned about weight loss, eating or drinking.