



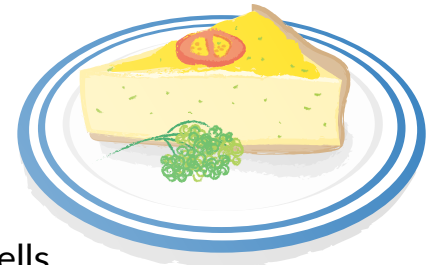
<https://www.malnutritionpathway.co.uk>

## BOTHERING SMELLS

If smells of cooking are bothering you and make you feel less hungry, the following ideas might help:



- Consider using ready made meals to limit cooking smells
- Some people find cold foods instead of hot foods helps - they tend to have less strong smells and it eliminates cooking smells



- Ask someone to cook whilst you are in a different room so you aren't exposed to the smells
- Use lids on pans when cooking to reduce cooking smells
- Turn on cooker vents or open windows so cooking smells don't linger
- It is good to get out into the fresh air for your well-being emotionally and physically - try a gentle walk around your garden or neighbourhood

