



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

REDUCED APPETITE, FEELING FULL AFTER SMALL AMOUNTS, UNEXPLAINED WEIGHT LOSS

- If your appetite is poor try to eat 3 small nutritious meals and 3 small snacks and/or nourishing drinks each day. Eat your favourite foods whenever you feel like them
- Try to eat foods rich in protein as this will help to maintain muscle. Further information on protein rich foods can be found in the leaflet 'Protein - Why it is important and where to find it' - www.malnutritionpathway.co.uk/library/proteinideas.pdf
- If you have lost weight you may need to adjust your usual diet. This might include swapping to full fat milk in place of semi-skimmed milk, mixing grated cheese, milk powder, ground nuts, plant protein, or cream into foods such as sauces, mashed potato, and soups
- Keep snacks within easy reach - cheese and biscuits, chocolate, cakes, crisps, dried fruit and nuts, peanut butter on toast, falafel, breadsticks and dips are a good way to get extra calories and protein throughout the day
- Have nourishing drinks e.g. hot chocolate, malted drinks, milkshakes and smoothies (including those made with plant-based alternatives), in between meals
- Try not to drink too much fluid with meals as this might fill you up too quickly but do drink enough fluids between meals to keep hydrated. Except for alcohol, all fluids count including nourishing drinks
- Further advice on adding additional calories to your diet can be found in the leaflet 'Your Guide to Making the Most of your Food' - www.malnutritionpathway.co.uk/library/leaflet_yellow.pdf
- If you are vegetarian, vegan or choose a plant-based diet you can read more about nourishing food choices at the following links:
 - o 'How do I have a Nourishing Plant Based Diet' booklet - www.ndr-uk.org/item/319/OncologyPallia+veCare/How-do-I-have-a-Nourishing-Plant-based-Diet.html
 - o The Vegan Society website - thriving recipes www.vegansociety.com/take-action/campaigns/vegan-thriving
- You may need to be prescribed an oral nutritional supplement to help avoid further weight loss and to minimise any loss of muscle and function. If you are prescribed an oral nutritional supplement these should usually be consumed in addition to your diet. Further advice is available in 'Nutrition Drinks (known as Oral Nutritional Supplements)' - www.malnutritionpathway.co.uk/library/leaflet_red.pdf
- The Patient's Association has produced two useful factsheets. The first helps to identify if you are at risk of malnutrition and the signs to look out for. The second describes how oral nutritional supplements, including those prescribed, can be used as a treatment for malnutrition, along with tips on where to get advice and further information to ensure that your nutritional health is the best it can be - www.patients-association.org.uk/improving-your-nutritional-health

