

Managing Decreased Appetite – Low Fiber

- Eat six to eight small meals a day instead of three large meals.
- Create an eating routine. Try to eat at the same times every day so that your body will get used to the pattern and “expect” to be fed at that time.
- Fill zip-lock bags with high-calorie/high-protein snacks. Prepare them in bulk when you feel best (or get a family member or friend to prepare them for you), and keep them ready in your refrigerator or pantry. Set a timer to go off every two to three hours. Each time the timer goes off, have a snack! Try the easy snacks shown on the back of this sheet.
- Add dry skim milk to the milk in your cereal, scrambled eggs, yogurt, soup, pudding, etc. for additional protein.
- Stock up on your favorite foods.
- Eat the most when you feel the hungriest. If you are hungriest in the morning, make that your largest meal of the day, even if you are accustomed to eating a small breakfast or skipping breakfast.
- Drink beverages between your meals. If you drink a beverage while you’re eating, you will feel full faster.
- Drink higher-calorie beverages during the day, such as fruit juice, nectar, milk, Carnation Essentials, nutritional supplements, or a high-protein smoothie.
- When eating, consume high-protein foods first.
- Get regular exercise/movement. This can help improve your appetite.
- Try new recipes and seasonings often to improve your variety of foods.
- Keep your eating environment relaxing. If you are stressed or anxious, you will feel less like eating.
- Take snacks with you when you go out, such as peanut butter crackers, pretzels, or a bag of low-fiber cereal.



Easy Low-Fiber Snacks

- Guacamole with chips, tortillas, or white pita bread
- White bagel and cream cheese
- Carnation Essentials mixed with a cup of milk
- Peeled cucumber slices with cream cheese, cheese spread, well-blended hummus, or smooth peanut butter
- Low-fiber cereal and milk; select cereals with < 3 grams of fiber per serving such as Cheerios, Corn Flakes, Cream of Wheat, quick oats, plain puffs, Rice Krispies, and Special K
- Low-fiber cereal/breakfast bars with < 3 grams of fiber per serving
- Cheese toast on white bread
- Chocolate milk
- Cottage cheese and fruit with no skin or seeds (or fruit alone)
- Cream soups (make them with whole milk, cream, or half-and-half to increase calories)
- Fruit cocktail
- Skinless/seedless fruit and cheese
- Hard-boiled eggs, deviled eggs
- Smooth hummus with white pita bread, pretzels, cherry tomatoes (1 cup or less), or sliced cucumber (peeled)
- Macaroni and cheese
- Muscle Milk (11 oz. or less)
- Smooth peanut butter, almond butter, or cashew butter and peeled apples, bananas (any skinless/seedless fruit), white toast, or saltines
- Pudding/custards
- Sliced or string cheese and saltines
- Tuna, egg, or chicken salad on saltines or white toast
- Yogurt with fresh skinless/seedless fruit (or alone); try Greek yogurt for extra protein