

Skipping Meals and Appetite

Good nutrition is important at any age



Skipping a meal, especially breakfast, will **make it hard to get all the nutrients you need** each day.

Aim for at least **3 meals** each day.

EATING ENOUGH FOOD

Meals do not have to be complex or require cooking. Pick meals and snacks that are healthy and easy to prepare.

Tips to make sure you are eating enough:



Plan your meals and snacks ahead of time



Include all 3 food groups in your meals (i.e., vegetables and fruits, whole grain foods, and protein foods)



Replace a meal with 2-3 snacks if you are not as hungry



Pack healthy snacks to take on-the-go*

***Snacks to take on-the-go:** orange, hard-boiled egg, nuts, veggies and dip, etc.

APPETITE

As we age, our appetites may decrease, but we still need to eat enough food to get the necessary vitamins, minerals, and protein to stay healthy.

Tips to help increase your appetite:



Exercise or take a walk before meals



Choose a comfortable, pleasant place to eat:

- **Decorate** the table with flowers, tablecloth, placemats, etc.
- **Sit** outside, by a window, with the TV or radio on, etc.



Add flavour to your meals with herbs and spices

- **Herbs:** parsley, mint, dill, basil, chives, fennel, thyme, etc.
- **Spices:** black pepper, cinnamon, turmeric, paprika, etc.



Try a new healthy recipe or food to spark your interest in eating

- [Canada's Food Guide](#): recipes for meals and snacks
- [Research Institute for Aging](#): recipes for healthy aging
- [UnlockFood](#): recipes for low-cost, healthy meals



Eat meals with family and friends as often as possible



Join a cooking club or community kitchen

Ask your healthcare provider if your medications may be the cause of appetite or taste problems.