

**\*Please note, the advice in this leaflet is not for specific health conditions and you there may be reason why you cannot eat certain foods. Always speak to your doctor or dietitian if you have any concerns**

**If you continue to lose weight, your GP may refer you to a dietitian who will be able to give you further more individual advice to help you maintain or increase your weight.**

#### [Patient advice and liaison service \(PALS\)](#)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

**Whittington Health NHS Trust**  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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## Poor appetite and weight loss



## How can I change my diet?

There are many reasons why you may be losing weight. Everyone needs a certain amount of calories (energy) per day, sometimes this amount increases due to a health condition. In other cases, people start to eat less because of social reasons.

If you have a poor appetite or have started to lose weight, you can make some simple changes to your meals to help you stop losing weight:

- ❖ Avoid low calorie or low fat or sugar free foods
- ❖ Drink after meals rather than before to stop you from feeling full before meals
- ❖ Eat little and often
- ❖ Aim for three meals and three snacks per day
- ❖ Increase the carbohydrate portion of meals (bread, pasta, rice, potatoes, chapattis, tortillas, pitta bread)

## Maximising Calories in Food

There are many ways that you can add extra energy to your meals to make the meals that you are eating as nutritious as possible.

Here are some tips:

- ❖ Use full fat (blue top) milk instead of skimmed (red top) or semi skimmed (green top)
- ❖ Try to have one pint of full cream milk throughout the day in cereals, deserts and/or drinks
- ❖ Add butter, cream or cheese to mashes potatoes and vegetables
- ❖ Mix cheese into soup, sauces or scrambled eggs
- ❖ Spread butter generously on bread/crackers and wherever possible
- ❖ Add sugar, cream or custard to fruit to add extra calories
- ❖ Add mayonnaise, salad cream, oil or other high calorie sauces to salads or sandwiches