



Nutrition for Older Adults: Appetite and Nutrition

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Decreased Appetite

Decreased appetite can get in the way of good nutrition. Many factors can decrease appetite including:

- Social changes.
- Emotional changes.
- Physical changes.
- Use of some medicines.

Tips if Appetite Decreases

- Eat meals at regular times.
- Allow ample time for meals.
- Have the main meal at breakfast or lunch when appetite is larger.
- Try smaller more frequent meals.

- Try between meal snacks or nutrition supplements.
- Eat with friends and family.
- Eat at the senior meal site.
- Make meal time pleasant.
 - Include favorite foods.
 - Have special event meals.
 - Use colorful placemats.
 - Play music at mealtime.
 - Eat by a window with a view.
- Use herbs and spices to enhance the flavor of foods.
- Participate in physical activity each day to increase appetite.
- Some medicines can affect appetite. Check with your doctor about the medicines you use.

Sources

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