

# Appetite



## Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Poor Appetite Causes



Weight Loss



Tips to Increase Weight

### Key ideas:

- A good appetite helps you eat enough food to get all the vitamins and minerals you need to be healthy.
- If you experience low appetite, speak to your doctor and dietitian.



### Potential causes for poor appetite

- Not being physically active
- Taste or smell changes
- Pain while chewing or swallowing
- Problems with your teeth
- Change in medication



If weight loss is an issue, focus on high-calorie/protein foods. Fluids may work best, as it's easier to drink calories.

## Tips for increasing appetite

- Eat with others whenever possible.
- Put the radio on or eat in front of the TV.
- Create a relaxed, comfortable eating environment.
- Cater to your specific tastes and preferences. Eat what you enjoy!
- Eat small amounts more often.
- Consider an oral nutritional supplement or a meal replacement if weight loss continues.
- Consult a dietitian to help identify strategies to further support weight maintenance.



### How can I get started?

- Create visual appeal with colour and shapes.
- Portion out the food before sitting at the table.
- Use small bowls/plates and food portions, as large amounts of food can be intimidating.
- Eat more frequently.

### My notes, reflections, and goals:

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