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UTM EatWell

“I’ve have no appetite”

Sometimes you just don't feel like eating....it might be stress, sadness, anxiety, depression, or a lingering flu...but you just don't have an appetite. See your doctor if this feeling persists longer than a few days, but in the meantime, you should try to eat something to give you the energy to recover more quickly. Your brain and body need a source of glucose (carbohydrate) at regular intervals, so try to eat at least **3 times in a day**.

Meal Replacements

If you feel like you can't eat breakfast or lunch, try sipping on a **meal replacement** beverage like “Boost” or “Ensure”, or “Carnation Breakfast Essentials” (available in a powder you mix with milk, or ready-to-drink). These products are sold in most pharmacies, grocery stores, and Wal-Mart, and are easy-to-digest. In addition, **try to eat at least one “solid” meal at dinnertime.**



What to Eat When You Don't Feel Like Eating

Most people have foods that they consider “soothing” or easy-to-take. Think back to foods you were given as a child when you weren't feeling well: what comes to mind?

Some examples are:

- Scrambled eggs or an omelette with toast
- Bread with jam and peanut butter
- Hot cereal like oatmeal or rice porridge
- Soup and crackers
- Plain noodles or rice with butter
- Rice and beans/lentils (*Moong dal* or similar)
- Mac & cheese (“Kraft Dinner”)
- A smoothie (yogurt and fruit)
- Grilled cheese sandwich



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Nutritious no-prep foods

Other foods that require very little effort, but are nutritious and good-for-you are:

- Bananas, applesauce, or canned peaches (or any other fruit you like)
- Ready-made Jello® or puddings
- Crackers with cheese or peanut butter
- Celery and peanut butter
- Mini carrots and hummus
- Unsalted nuts or trail mix
- Granola or energy bars (such as Kashi, KIND or Cliff brands)
- Cold cereal and milk

Don't Forget to Hydrate

If you're not eating well, you also may be forgetting to drink enough (on the other hand, make sure you are not filling up on fluids alone without eating any solid foods). Dehydration can make you feel sluggish, weak or dizzy, so don't forget to drink non-caffeinated beverages throughout the day.

Some good choices are:

- Water
- 100% pure fruit juice
- Tomato juice or vegetable cocktail
- Fruit juice with club soda (mix ½ & ½)
- Milk or chocolate milk OR soy beverage
- Yogurt drinks
- Herbal teas



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Schedule Meal-times

If you never feel hungry, relying on your appetite is not the best cue to eat a meal.

Instead, plan your meal-times so you remember to eat. It can be helpful to set a reminder in your calendar so a meal doesn't pass you by (check out the "Time to Eat" or other reminder apps for android phones).

Eat With Others

Whenever possible, it's a good idea to eat with other people around (unless you have something contagious like the flu).

Make an effort to leave your room at meal-times and join other students, your friends or family members if possible.



Bottom Line

- Try to have something nutritious to eat or drink at regular intervals, ideally **3 times** in a day.
- For short-term loss of appetite, try **meal replacements** like Boost, Ensure or "Carnation Breakfast Essentials" once or twice a day and try to eat **at least one "solid" meal each day**
- Eat foods that you find **"soothing"** or easy-to-take, whatever those might be
- Don't forget to **drink fluids**
- **Schedule reminders** to eat
- **Join others at meal-time**
- **See your doctor** if low appetite persists longer than a few days



Need some FREE professional help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.