

If You Have a...

# Poor Appetite

- Eat 5 or 6 small meals a day instead of 3 larger meals. Try eating every hour or two.
- Make eating more enjoyable by setting the table with pretty dishes and flowers. Play your favorite music or watch television while eating.
- Review the list of high-calorie and high-protein foods and include these in meals and snacks throughout the day.
- Check with your doctor about medications to help relieve constipation, nausea, or pain and to help increase your appetite.
- Keep snacks handy to eat when you are hungry.  
Try:
  - Hard-cooked eggs
  - Luncheon meats
  - Peanut butter
  - Cheese
  - Ice cream
  - Yogurt
  - Chips
  - Cookies
  - Snack mixes
  - Granola bars
  - Nutritional drinks
  - Pudding cups
  - Crackers
  - Pretzels
  - Nuts
  - Dried fruit

Try these tasty recipes to jump-start your appetite:

## Quick Deviled Egg Salad

- 2 hard-cooked eggs
- 1 tablespoon sweet pickle relish
- Dash onion powder or salt
- Dash lemon juice
- Dash pepper
- 1 teaspoon spicy mustard
- 2 tablespoons salad dressing or mayonnaise

Directions:

Chop the eggs with a fork or hand chopper. Add remaining ingredients. Mix together and serve on: toast, crackers, with taco chips, or breadsticks.

Makes 1 serving. Each serving is 290 calories, 13 grams protein.

## Baked Eggs

- 1½ teaspoons butter
- ⅓ cup shredded cheddar cheese
- 2 eggs
- 1 tablespoon half-and-half
- Salt and pepper to taste
- Chopped fresh chives or salsa (optional)

Directions:

Preheat oven to 350°F. Coat a shallow gratin dish or oven-proof cup with the butter. Mound the cheese in the dish and make a well in the center. Break two eggs into the well. Pour the half-and-half over the eggs and sprinkle with salt and pepper. Put the dish or cup into a pan of hot water. Bake until the cheese has melted and the eggs are done (about 20-25 minutes). Cover loosely with foil the last 5 minutes of cooking. Garnish with chives or salsa, if desired.

Makes 1 serving. Each serving is 370 calories, 2 grams protein.