

DO YOU HAVE A POOR APPETITE? THESE ARE FOODS YOU SHOULD EAT FIRST.

When your appetite is not good, it is important to choose foods that are **high in protein and energy** first for adequate protein and energy intake to:

- ✓ Maintain weight, muscle mass, strength and function
- ✓ Enhance your immunity
- ✓ Better tolerate treatments and its related side effects,
- ✓ Improve your recovery post-treatment



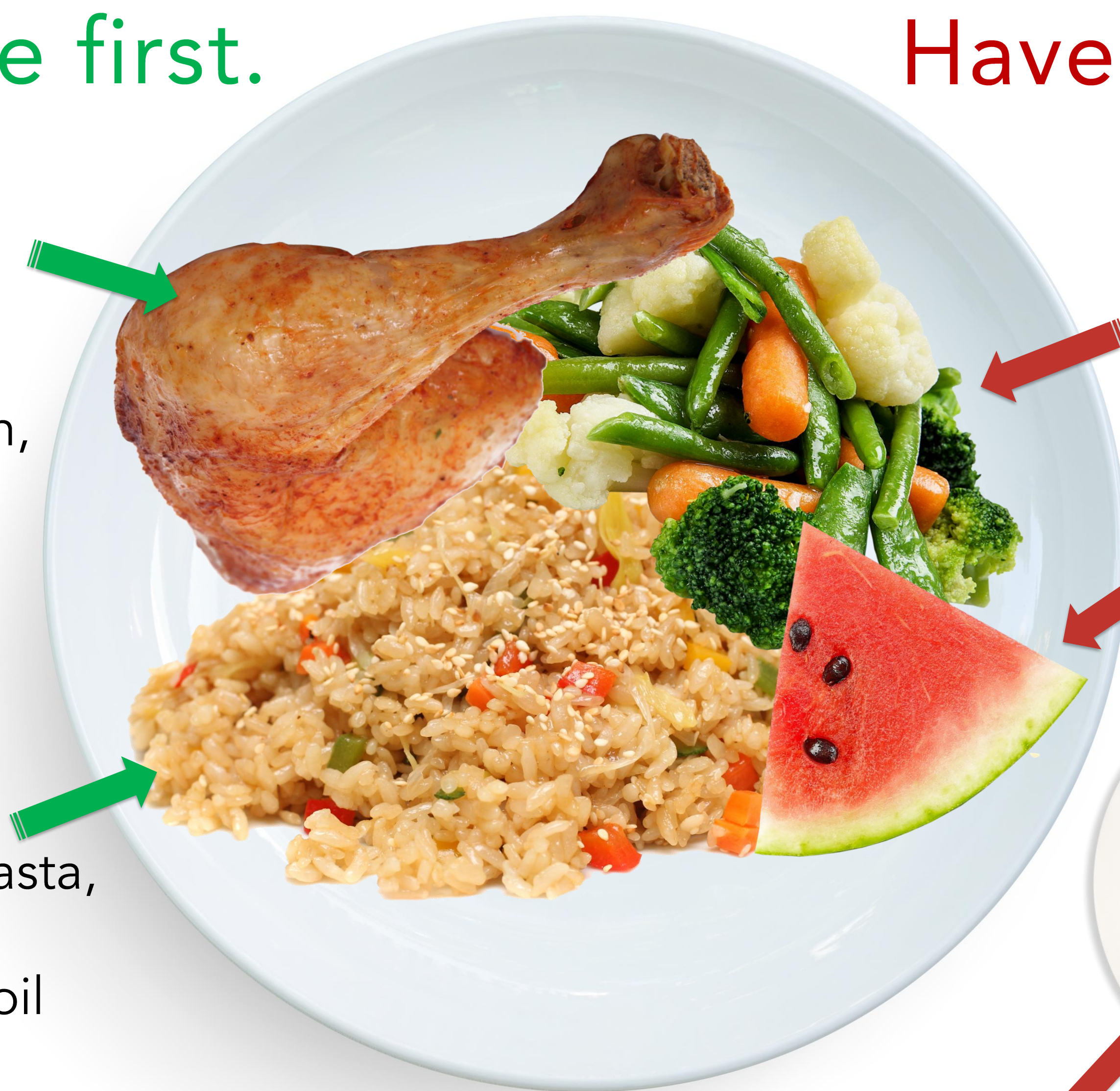
Have these first.

PROTEIN:

Examples: Meat (beef/pork/lamb/chicken/duck/fish), eggs, tofu, tempeh, legumes

ENERGY:

Examples: Rice, noodles, thick rice porridge, bread, thosai, chapatti, pasta, healthier oils like sesame and olive oil

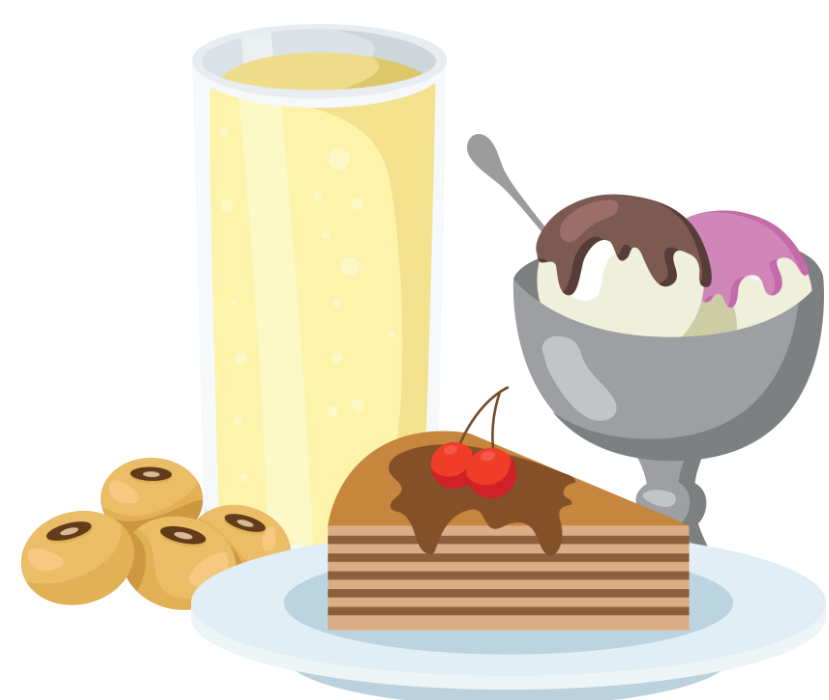


Have these last.

Vegetables and fruits are healthy but they provide lesser important protein and energy.



Do not get full on water or clear soups as these have little nutritional value. Instead, have these at the end of your meal so that you are able to eat adequate energy and protein.



Tip: Have frequent snacks and choose more nourishing drinks and desserts in between your meals. Example: Soy milk/milk/malted beverages or oral nutrition supplements, yoghurt, cake and ice cream



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DEPARTMENT OF NUTRITION & DIETETICS
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