

Department of  
**NUTRITION & DIETETICS**

# Small Appetite and Unintentional Weight Loss



## What is Small Appetite?

You may eat lesser due to ageing or being unwell.

## What is Unintentional Weight Loss?

When you lose more than 3 kg in the past 3 to 6 months

## How do You Know if You have a Small Appetite or Unintentional Weight Loss?



Clothes feel looser  
Temples



Protruding ribs, collarbones  
and shoulders



Sunken

## Are You at Risk?



Taste change



Feel full easily



Swallowing/Chewing  
Problem



Dementia

## What Should You Do?








Eat small  
Frequent meals








Eat high calorie  
meals/snacks









Fortify Foods

## Food Fortification

Add ingredients to your dish to make it more nutritious!

		
Green bean soup 1 bowl (250ml)		Condensed milk* 3 tbsp (45g)
	+	
Soybean curd 1 bowl (250ml)		Coconut milk* 3 tbsp (45g)
		
Black sesame paste 1 bowl (250ml)		<i>*Can be added to nourishing fluids as well</i>

	+			
Porridge 1 bowl (250ml)		Egg 1 large whole (60g)	Tofu 2/3 block (200g)	Canned sardines 1 piece (70g)
				
		Sesame oil 1 tbsp (15ml)	Braised peanuts 3 tbsp (45g)	Cooked minced meat 3 tbsp (90g)

	+			
Bread 1 slice (30g)		Chicken floss 2 tbsp (30g)	Egg 1 large whole (60g)	Margarine 2 tbsp (30g)
				
Cream cracker 3 piece (30g)		Kaya 2 tbsp (30g)	Peanut butter 2 tbsp (30g)	Canned tuna in oil 1/3 can (40g)

## Nourishing Fluids

Water, plain coffee or tea have little nutrition. Choose these drinks below to meet your daily nutrition needs!



Milk



Soya Milk



Honey Drink



Yoghurt Drink



Sweetened Drinks



Malted Drinks



3-in-1 Drinks

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