

M2310 Preventing Dehydration/Malnutrition

- **Eat/drink small meals every 3-4 hours.** Avoid going long periods of time without eating. Your stomach will shrink.



- **Gradually eat more food each day.** Your stomach will expand over time.



- **Keep a food and beverage diary.** Learn when, what, and how much you eat and drink.

- **Snack!** Snacks may help if you are having trouble eating enough at mealtimes.

- **Exercise!** It will help you build muscle and increase your appetite. Your body may compensate or even overcompensate for the calories that you burn exercising.



- **Eat a variety of different foods** – vegetables, dairy, protein, fruit, carbohydrates and/or fats at mealtime.

- **Keep your pantry, fridge, and freezer well stocked** with foods you like to eat. It's tough to gain weight when there's no food - you like - around.

- **Choose high-calorie, high-nutrient foods that are less filling:** dried fruit, bananas, nuts and seeds, potatoes, peas, and corn.

- **Try to eat more quickly.** It takes a few minutes for your stomach's signals of fullness to register. Try to put more food on your fork. Avoid putting your fork down in between bites.



- **Use larger cups, plates, bowls,** et cetera. You will probably be able to eat more without really thinking about it.

- **Drink more calories.** Have a high-caloric beverage (juices, eggnog, calorie supplements) with every meal. Have something to drink when you don't feel like eating anything.