

What to do if you aren't feeling hungry

Drink tea, coffee and water last.

Although hydration is important, these calorie-free fluids offer little nutrition, so you don't want to fill up on them at mealtimes.

Prioritise meat, dessert and oral nutritional supplement if your appetite is low.

These foods are rich in muscle-building protein and energy.

Eat vegetables last.

Although good for you, they don't provide the energy and protein you need most of the time.

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