What to do if you aren't feeling hungry?

- **Prioritise meat, dessert and oral nutritional supplement if your appetite is low.**
  These foods are rich in muscle-building protein and energy.
- **Leave vegetables to the end of your meal.**
  Although good for you, they don't provide the energy and protein you need most at this time.
- **Drink tea, coffee or water last.**
  Although hydration is important, these calorie-free fluids offer little nutrition.

Malnutrition Week ANZ #malnutritionweekanz

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