



Central Coast  
Local Health District

## Healthy Bites Episode 5 – Appetite

Hi, I'm Sophie, a public health nutritionist from Central Coast Health.

Some people find that as they get older, they eat less than they used to, and wonder is it still important to eat 3 meals a day? The answer is generally YES!

Eating 3 meals a day, with foods from the 5 food groups, is important to provide you with the nutrients your body needs to stay well and prevent weight loss.

An older person who is underweight and eating poorly can lose weight and muscle very quickly. If you are eating less than usual or losing weight without trying, talk to your GP or specialist to look at why this is happening.

For those who eat small amounts or have a poor appetite, snacks between meals can provide a vital boost to your intake. Nourishing snacks could include milk drinks, fruit and custard or cheese on toast. A dietitian can provide advice on individual requirements.

The booklet, 'Eating Well: A Nutrition Resource for Older People and Their Carers', has lots of nutrition tips to help prevent weight loss. If you would like a copy, give our team a call on the number that follows.

*Call 4320 9700.*