



CIRRHOSIS AND APPETITE LOSS

Make every mouthful count

- Eat a number of small snacks during the day to make up for eating less at mealtimes. Try to eat a snack or meal every 2-3 hours.
- Choose calorie and nutrient dense drinks like milk, shakes, or nutrition supplements more often than low calorie beverages such as tea and water.
- Eat what you feel like when you feel like it. You do not have to eat foods that are typically served at that time of day (pancakes for dinner or pasta for breakfast).

Practice meal preparation

- Keep snacks readily available (cheese & crackers, dried fruits & salt free nuts, yogurt, cereals, puddings, and low salt cottage cheese).
- Keep ready-to-eat, easily prepared foods on hand for those days when you do not feel like cooking. Many grocery stores offer a variety of prepared salads & main entrees.
- When you are feeling well, prepare extra servings of your favorite foods and freeze them for the times you don't feel like cooking.

Fight fullness

- Drink beverages 30-60 minutes before or after your meals to prevent filling up on liquids.
- If possible, go for a light walk before eating. This can stimulate your appetite and promote digestion.
- Avoid gas-forming foods (baked beans, legumes, cabbage, broccoli, Brussels sprouts, onions, garlic) as these foods can mimic feelings of fullness and limit food intake.
- Avoid carbonated beverages and gum.