

# Decrease in Appetite

Eating balanced, nutritious meals and getting enough of nutrients can be a challenge as you age...

- Sometimes, you have fewer opportunities to eat with others and you may be less interested in eating
- As you age, your sense of taste and smell decrease, this can make food less appealing
- Your memory can affect grocery shopping and cooking
- Chewing problems can make eating uncomfortable
- Some health conditions require that we eat more nutrients, for example osteoporosis and calcium
- Older people often lose muscle and are less physically active, resulting in a smaller appetite

## Suggestions to Improve your Appetite

Potential Reason	Solution
Eating alone more often	Plan to spend meal times with others Turn on the radio or television when eating alone
Decreased physical activity	Try light physical activity (such as walking) for short periods each day
Decreased sense of smell and taste	Add spices, herbs and condiments to the foods to add additional flavor and new aromas
Chewing Problems	Consult a dentist about getting dentures that fit better and that will cause less interference