

## Need your appetite stimulating ?

### TIPS

Try a breath of fresh air or short walk before a meal.



Serve meals on a small plate and make food look as appetising as possible



Perhaps, try a small glass of wine, sherry or Guinness half an hour before a meal. However, do check with the G.P first if taking any medication!



Eat meals slowly, chew food well and relax for a little while after each meal.

Try not to drink large amounts of fluids with meals

Keep away from cooking smells



Make the most of good days and include favourite foods

Take meals in a room without distraction