

10 Tips to Improve Appetite in Seniors

Get Moving!

Add some fun physical activities like walking, yoga, or gardening to your day.



10

Up Your Fluid and Fibre Intake

Drink more water, eat more fruits, veggies, and whole grains to prevent constipation.



1

Add Moisteners

Adding sauces or gravies and drinking fluids can help ease swallowing.



2

Be Mindful of Meal Timing

Space your meals further apart, or have smaller, more frequent meals.



3

See Your Dentist Regularly

Check for poor dentition or ill-fitting dentures for good oral health.



9

Review Your Medications

Talk to your pharmacist or doctor to see if your medications may suppress appetite.



8



1 in 3

seniors in Canada
have difficulty meeting
nutritional needs

Choose Smaller Portions

Choose smaller, more frequent meals that are high in nutrient density.



4

Manage Symptoms of Pain and Illness

Acute infections and illness can impact appetite. Symptom management is key to support quality of life.



7

Eat Together

Try attending community social groups, hiring a personal support worker, and meal delivery.



6

Combat Depression

Connect with others, improve ambiance, counselling, and spending time with family can help fight depression.



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