



## Eating When Fatigued



- Sign up for home-delivered meals from community programs, or get friends to bring small casseroles.
- Get more of the calories you need from fluids.
- Drink juices, a lot – like 2 quarts a day! (That is just a glass every 2 hours.)
- Have a supply of supplements (Sustacal, Resource, Ensure, etc.) on hand, ready to drink.
- Canned chunky soups and frozen dinners are good fuel, too.
- A Hungry Man Dinner at lunch and supper plus 2 quarts of juice adds up to 2300 calories!
- Pizza is great. Keep some in the freezer.
- Slices of (frozen) squash pie or pumpkin pie are really nutritious. Have pie with milk and you have got good protein and a 500-calorie meal.
- Make your environment calorie-friendly, too; have candy and nuts on the coffee table; fun desserts and a lot of juice in the refrigerator.
- Invite people over for mealtime visits; it is amazing how people feel more like eating when they have company.