

SENIOR NUTRITION NEWS

Eat Smart Idaho

April 2025

Nutrition & Appetite

There are often changes in appetite as we age. This change in appetite can affect getting proper nutrition for many older adults. Some of the factors that can lead to a decrease in appetite as we age include:

- Social changes.
- Emotional changes.
- Physical changes.
- Use of some medications.



Some tips to help get adequate nutrition when appetite decreases include:

- Eat meals at regular times.
- Allow plenty of time for meals.
- Have your main meal at breakfast or lunch when appetite might be stronger.
- Try smaller more frequent meals or between meal snacks or nutrition supplements.
- Eat with friends and family when you can or at a senior meal site.
- Make meal time pleasant.
 - Include favorite foods.
 - Have special event meals.
 - Use colorful placemats.
 - Play music at mealtime.
 - Eat by a window with a view.
- Use herbs and spices to enhance the flavor of foods.
- Participate in physical activity each day to increase appetite.
- Some medicines can affect appetite. Check with your healthcare provider about the medicines you use to see how they might be affecting your appetite.



Applesauce French Toast

1 eggs	1/4 cup nonfat or 1% milk
1/2 teaspoon ground cinnamon	1 teaspoon white sugar
1/4 teaspoon vanilla	2 tablespoons unsweetened applesauce
6 slices whole wheat bread	Cooking spray

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides. Serve hot. Refrigerate the leftovers within 2 hours.

Blender Banana Pancakes

1 banana
2 eggs
1/2 cup oats



1. Add all ingredients to a high speed blender and blend for 20 seconds.
2. Heat a non stick griddle or skillet to medium-high heat, pour 1/4 cup batter for each pancake, and cook for 1-2 minutes on each side or until golden brown.
3. Top with fruit, yogurt, shredded coconut, or any other desired toppings.

Sources: <https://extension.okstate.edu/fact-sheets/print-publications/t/nutrition-for-older-adults-appetite-and-nutritiont-3204.pdf>; <https://eatgathergo.org/wp-content/uploads/2024/03/April-2024-Eat-Better-for-Less-English-online-version.pdf> retrieved 3/27/25

For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary,
Kootenai & Shoshone Counties 208-292-2525

North Central Idaho: Clearwater, Idaho, Latah,
Lewis, & Nez Perce Counties 208-883-2267



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