

“Fueling for Fatigue”

Nutrition Education Session

Unity Health Post-COVID Self-Management Program



Session outline

1. What causes low appetite with Post-COVID Condition
2. How does nutrition help with fatigue?
3. Strategies to manage low appetite and fatigue
4. Questions



What causes low appetite?

There are many reasons why you may have a decreased appetite.

- Fatigue
- Nausea
- Taste and smell changes
- Changes in gastrointestinal function (i.e. constipation, diarrhea, reflux)
- Reduced ability for meal preparation and cooking

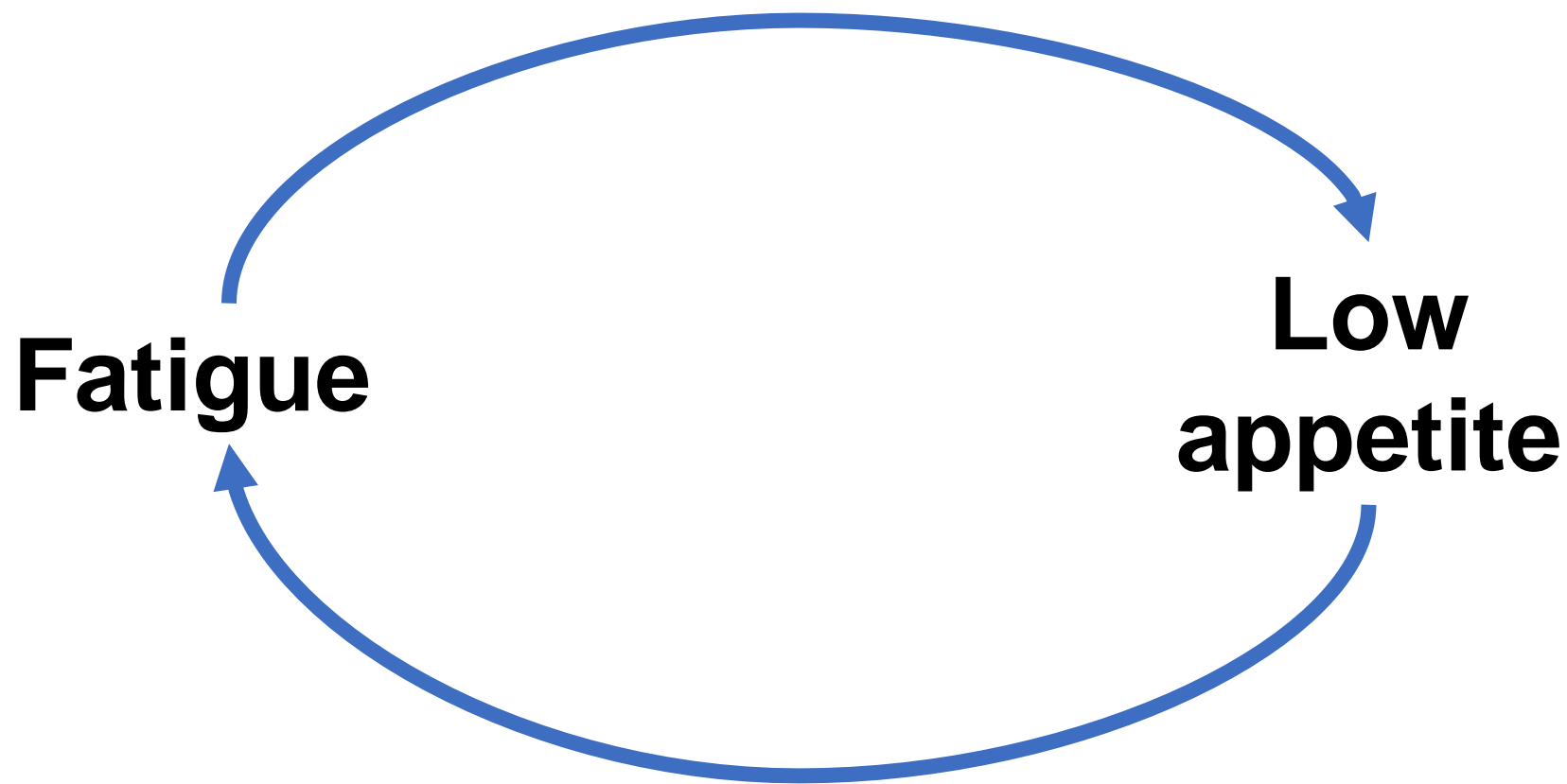


What does low appetite look like?

- Reduced desire to eat
- Not feeling hungry
- Forgetting to eat
- Feeling full more quickly than usual
- Skipping meals and snacks
- Not feeling the hunger signals



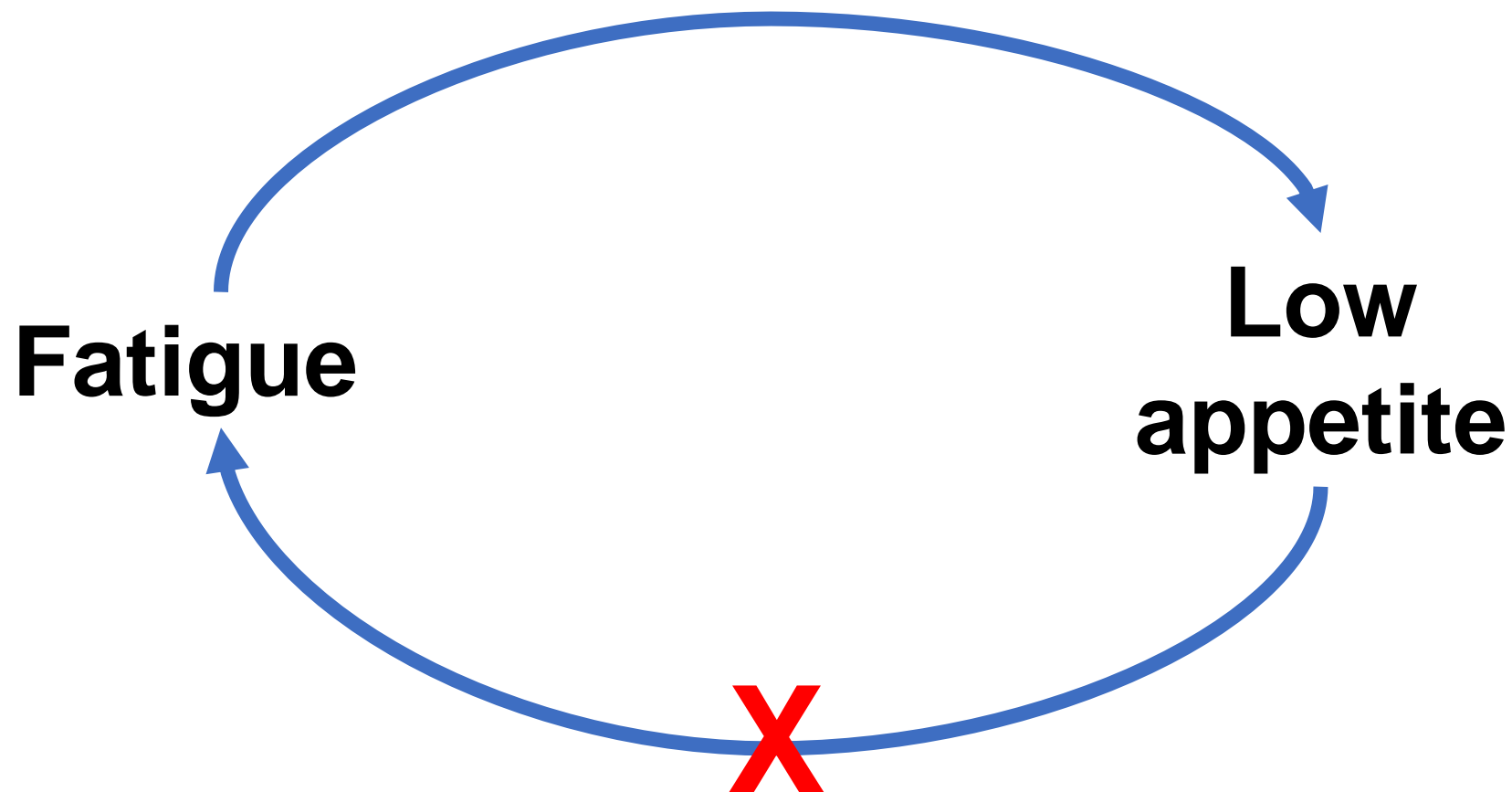
How does nutrition help with fatigue?



How does nutrition help with fatigue?



How does nutrition help with fatigue?



The beginning is tough!



Strategies for Fueling for Fatigue

Practical nutrition tips

Eat small, frequent meals and snacks

Why?

- Aids in digestion
- Prevent energy crashes
- Improve nutritional intake
- Control blood sugars
- Regulate hunger and appetite
- Prevent over eating
- Reduce GI issues



High Energy and High Protein

- **Make every mouthful count!**
- Protein is important for maintaining muscle function and strength

High energy	High protein
<ul style="list-style-type: none"> - Choosing higher fat milk or milk options - Choose Greek or Icelandic (full fat) yogurts - Choose higher fat cheese - Add cheese to eggs, salads, casseroles - Add healthy fats and oils: olive oil, avocado oil, butter, whipping cream, cream cheese and sour cream - Add high fat/high protein spreads and dips: hummus, guacamole, cream cheese 	<ul style="list-style-type: none"> - Adding extra protein (chicken, beef, fish, etc) to soups and stews - Add beans to soups - Have protein at each meal and snack - Have eggs as a snack - Have nut butter and fruit as a snack - Choose nuts and seeds as a snack - Add protein powder to soups or smoothies



Good Sources of Protein Include:

- Meat, fish, poultry and eggs



- Nuts and seeds



- Soy foods



- Beans, Peas and Lentils



- Low-Fat Dairy Products



- Some Whole Grains (i.e. quinoa, whole grain breads and pastas)



Stay hydrated!

- Aim for **2-3L of fluid** per day
- Tips to stay hydrated:
 - Sip throughout the day
 - Drink even when you're not thirsty
 - Avoid drinks that are too cold or too hot
 - Try other sources of fluid: milk, juice, nutrition supplements, broth, sports drinks, coffee and tea
 - Try hydrating foods: cucumber, watermelon, tomato celery, other fruits and vegetables
 - Drink between meals to avoid feeling too full to eat



Start with a schedule



8:00 AM



Meal 1

Snack 1



10:00 AM

12:00 PM



Meal 2

Snack 2



3:00 PM

6:00 PM



Meal 3

Snack 3



8:00 PM





Meal preparation

- Buy pre prepared foods
 - Pre-cooked chicken
 - Salad kits
 - Prepared soups
 - Meal kits



- Buy minimal prep/no cook foods
 - Yogurt, nuts and seeds, fruit, nut butter, hummus, protein/granola bars, canned fish



- Prepare a larger batch of food and save for later
- Use grocery delivery or pick up services



Easy to chew and swallow foods

Soft food ideas

- Scrambled eggs, omelets or quiche
- Pancakes
- Muffins
- Hearty soups with crackers or toast for dipping
- Egg salad, tuna salad, salmon salad on soft crustless bread
- Guacamole, hummus, nut butters, soft cheese
- Cook foods in liquids such as broth, water or juice until they are soft and tender
- Have proteins with gravy or sauces
- Cut or mash food before serving
- Remove skins on fruits and vegetables



Oral Nutrition Supplements

A helpful tool when you have a low appetite.

- Those with diabetes or kidney disease should take extra caution!



Unity Health Toronto does not endorse any of these products and is not receiving any compensation to list them.



Protein supplements

Ready to Drink Examples:



EAS
Myoplex Lite



Premier Protein



Isopure
Protein Drink



Fairlife Nutrition
Plan

Powder Examples:



Webber Naturals
100% Isolate
European Whey



Isoflex Pure Whey
Protein Isolate



Pure Protein
100% Whey



Kaizen Naturals
Whey Isolate



Allmax Isoflex Chiller











Leantit Whey Protein



Isopure Zero Carb



Lower cost food options

Proteins	Fruits and Vegetables	Grains and Starches
<ul style="list-style-type: none"> • Canned or dried beans and legumes  • Tofu  • Canned tuna, salmon, sardines, chicken  • Cottage cheese  	<ul style="list-style-type: none"> • Seasonal • Canned or frozen   	<ul style="list-style-type: none"> • White or Brown rice • Oats  • Whole grain pastas 



Other resources

Meals on Wheels

<https://www.mealsonwheels.ca/>

Food banks near you

<https://feedontario.ca/about-us/find-a-food-bank/>

<https://www.dailybread.ca/need-food/>

Recipes and meal ideas on a budget

<https://www.unlockfood.ca/en/Articles/Budget/>



Ask for help!

- It's okay to ask for help!



Goal Setting



SMART Goals

Specific

What do I want to accomplish?

Measureable

How will I know when it is accomplished?

Achievable

How can the goal be accomplished?

Relevant

Why do I want to achieve this goal?

Timely

When can I accomplish this goal?



SMART Goals

Overall objective: “I want to have smaller and more frequent meals”

Specific

I will have smaller and more frequent meals throughout the day.

Measureable

I will start by adding in one extra snack with protein.

Achievable

I will buy yogurt cups and cut fruit from the grocery store that would be available to help me achieve the goal.

Relevant

By including one snack, it will assist me in improving my food intake and make sure I get enough protein and energy to fuel for my fatigue.

Timely

I will incorporate this extra snack every day for one week.



Summary

Food is your fuel!

Strategies:

- Small, frequent meals and snacks
- High energy, high protein foods
- Stay hydrated
- Make a schedule
- Meal preparation
- Softer foods
- Oral nutrition supplements
- Ask for help





Postcovidrehabphc@unityhealth.to





Thank you!