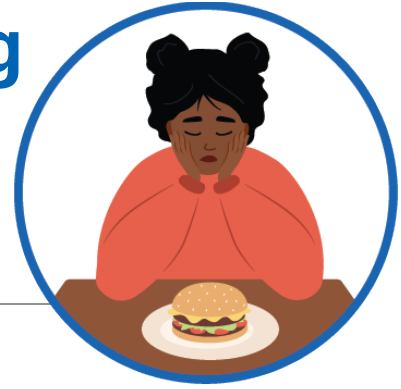


What can I do about feeling more or less hungry than I usually do?



Things I can do with my family

Some patients have found these strategies helpful:

When feeling more hungry than usual:

- Eat a balanced diet. See [Canada's food guide](#)

When feeling less hungry than usual:

- Eat nutritious foods whenever you feel hungry. Don't wait for set mealtimes. See [Canada's food guide](#)
- Eat small meals often
- Sip on milk, juice or smoothies throughout the day
- If food tastes different, funny or bad, see [Tips for managing changes in taste](#)

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Help you improve your nutrition. See [Canada's food guide](#)
- Suggest speaking with your dietitian

When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Can't drink fluids