

**Table 2. Nutritional interventions**

<b>Mechanism of nutritional depletion</b>	<b>Suggested nutritional intervention</b>
Anorexia and taste changes	<ul style="list-style-type: none"><li>• Improve texture, flavour, smell and presentation of food</li><li>• Eat every two hours</li><li>• Review medications</li><li>• Assess mood and need for treatment or referral</li></ul>
Early satiety	<ul style="list-style-type: none"><li>• Eat small, frequent, energy dense meals</li><li>• Select fortified foods – e.g. cream, butter, milk powder, cheese, oils</li><li>• Use energy and protein dense oral nutritional supplements</li><li>• Use preprandial prokinetics</li></ul>
Dyspnoea and fatigue	<ul style="list-style-type: none"><li>• Eat softer foods that require less chewing</li><li>• Drink nourishing liquids</li><li>• Sit out of bed for meals</li><li>• Implement energy conservation techniques – refer to occupational therapist</li><li>• Use easy to ingest medications (e.g. liquid preparations)</li></ul>
Impaired food access	<ul style="list-style-type: none"><li>• Organise feeding assistance (if required)</li><li>• Review the need for home assistance</li><li>• Organise meal delivery</li><li>• Promote communal eating – e.g. communal dining room, family or other meal groups</li></ul>
Dysphagia	<ul style="list-style-type: none"><li>• Modify texture of diet</li><li>• Consider speech therapy review</li></ul>