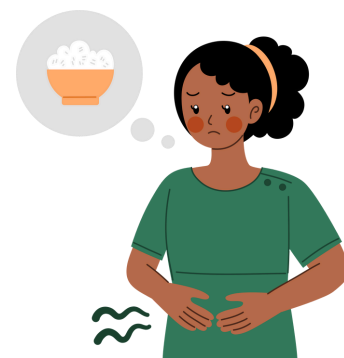


Are You Eating Enough?

It's vital to have enough food each day to support your health. You might not be eating because of stress, medicine, trouble chewing or swallowing, surgery, lack of money, or you are trying to lose weight. Whatever the reason - we are here to help make sure you are eating enough!



Signs you're not eating enough:

Headaches,
Dizziness, or passing out

Low energy levels, brain fog,
trouble focusing

Muscle loss, hair loss, and
weak nails

Low or high blood sugars

Constipation, worsening
heartburn and reflux

Sugar cravings

Overeating or binge eating later
in the day or week

Tips to Help:

Learn how your body responds
to hunger and fullness.

Plan meals and snack times.
Set an alarm or a reminder.

Add more protein with to-go
snacks like nuts or protein bars.

Eat small and frequent meals and
snacks throughout the day.

Try not to go more than 4 hours
without eating something.

Be flexible with what you eat. All
foods have nutrients, and you
may need to be less strict with
food rules to allow you to eat
enough.



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Signs I'm not Eating Enough:

Loss of menstrual period or infertility (trouble with getting pregnant)

Weak immune system

Mood changes, depression

Low vitamin or minerals, like anemia

Tips to Help:

Ask your doctor for a referral to see a nutritionist. If needed, seek treatment for an eating disorder.

Make meals count by adding foods that have lots of nutrients:

- peanut butter
- avocados
- yogurt/milk/eggs
- whole grains
- colorful fruits and vegetables.

Start therapy and manage your mental health so it impacts your appetite and eating habits less.

Ask your doctor if you need to take supplements.

Other Tips:

- Eat with family or friends.
- Find pantries or soup kitchens near you if you're having trouble paying for food.
- Sign up for meal delivery service if you're having trouble cooking for yourself.
- Try easy, low-cook or no-cook meals. Learn how to use a microwave for cooking.
- If you're not sure what the "right amount" to eat is, speak with a CHN nutritionist to make a plan.



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