



Healthy snack ideas

- Raw vegetables e.g. carrot sticks, celery, cucumber, broccoli with cottage cheese or a low fat dip



- Fresh fruit or fruit salad (1/2 cup)
- A pottle of low fat yoghurt
- Slice of wholegrain toast with Marmite and/ or peanut butter
- Large bowl of veggie soup
- A large bowl of diet jelly (sugar-free)
- A small handful nuts (max 30g)
- Pop corn (use a popcorn maker) with no / little added butter
- Low fat, wholegrain crackers with a dip or thin slice of cheese
- A healthy fruit smoothie (simply blend together 1/2 cup soft fruit or frozen berries and 1/2 cup low fat milk, soy milk or yoghurt). Yum!



Why has my appetite increased?

Some of the medications used to treat your symptoms have the side effect of increasing your appetite. This can lead you to overeat and gain weight.

The medications that are known to cause the biggest gain weight are Clozapine and Olanzipine.

Even if you gain weight, you should continue to take all the medications as prescribed by your Doctor. Discuss your concerns with your Doctor.

There are some things you can do to control your appetite and manage your weight gain when taking these medications.

In this brochure we look how you can control your appetite through making healthier lifestyle choices.

If you feel you need more support talk to your nurse or your GP, or you can ask your GP or keyworker to refer you to a dietitian.

Clinical Dietitian: Mental Health
ADHB Community Mental Health
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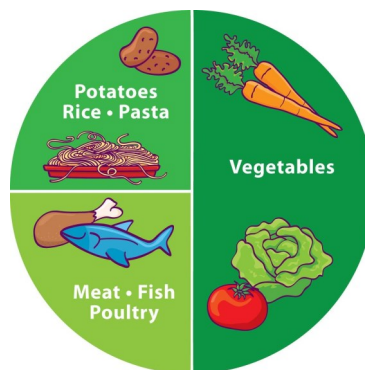
Controlling your appetite - when you are taking antipsychotic medications



10 steps to control your appetite

1. **Drink a glass of water** before reaching for food. You may be thirsty rather than hungry! Drinking a large glass of water will quench your thirst and can also help to suppress your hunger.
2. **Eat breakfast** to get your day off on the right track. A high fibre breakfast helps you avoid the mid-morning munchies and reaching for high sugar treats.
3. **Eat 3 regular meals a day** When you skip meals you are more likely to overeat, on junk foods, later in the day.
4. **Plan for healthy snacks** - if you 're hungry between meals choose from our list of healthy snacks to keep you going.
5. **Get enough (but not too much) sleep:** when you are overtired you may find yourself overeating. Aim for 8 hours sleep every night.

6. **Eating a high protein food** with each meal can help keep the hunger pangs away. Choose from: eggs, yoghurt, cheese, beans, lentils, nuts, meat, fish and chicken.
7. **Avoid high sugar** foods and drinks, which send your blood sugars on a rollercoaster ride, and you're soon hungry again. The more sugar you take, the more you will crave and the more weight you will gain.
8. **Fill up on veggies and salads**—they are high in fibre and low in fat and carbs, so you can eat plenty without gaining weight. Aim for half a plate of veggies at lunch and dinner. Try our Veggie Soup as a filling snack. (See recipes brochure)



9. **Get more active:** being active is great way to control your appetite. Choose activities you enjoy, and can do often, such walking, swimming, dancing, playing ball games with the kids. Aim for at least 30 minutes of activity most days of the week.
10. **Identify what triggers you to eat when you are NOT hungry.** This may be feeling sad, bored, lonely, the sight or smell of food, company of friends, watching TV and so on. Find non-food related ways to cope with these feelings and triggers e.g. go for a walk, listen to music, phone a friend, take up a creative hobby.

