



Dealing With Poor Appetite In Teens



Acknowledge your teen's concerns and empathize with them to encourage them to share their issues with you



Split three large meals into smaller meals with snacks and serve high-calorie, nutrient-dense options



Eat together as a family to create a positive atmosphere and serve your teen's favorite foods



Encourage regular exercise to stimulate appetite and for a healthy mental state



Discuss the complications of poor appetite with your teen or seek a professional's help to educate them about healthy weight and eating habits



Be aware of your teen's use of laxatives, diuretics, and diet pills that decrease weight and curb appetite, and let them know of their harmful effects