

MIND • BODY • FOOD

FOOD FOR THOUGHT

Your Appetite Isn't the Same Every Day

Changes in appetite do not automatically mean you have done something wrong.

Appetite naturally varies. Sleep, stress, hormones, physical activity, illness, medication, mood, environment and previous intake can all influence how hungry a person feels.

Space to Breathe Therapy

Understanding the bigger picture

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Points to hold in mind

- Some days the body may want or need more food; on others appetite may be lower.
- Appetite and nutritional need are related but are not always identical.
- Gentle structure or accessible food may help when appetite signals are quiet.

A balanced perspective

Food and eating are influenced by biology, psychology, relationships, culture, access and the environment. Useful guidance makes room for the whole person rather than reducing experience to one rule.

Questions for personal reflection

Use these prompts gently. You do not need to answer them all, and there is no correct response. They can be explored privately or with a trusted professional or supporter.

What affects my appetite

How low appetite feels in my body

How higher appetite feels

Foods manageable on lower-appetite days

When I may need extra support

Taking the idea forward

Notice without judgement

Observe what happens across more than one occasion before drawing conclusions.

Keep needs individual

Respect allergies, intolerances, sensory preferences, culture, access, health conditions and medical advice.

Choose achievable support

Small changes to availability, preparation, routine or support may be more useful than a complete overhaul.

Ask when unsure

A GP, registered dietitian or suitable specialist can help when symptoms, restriction or health needs are complex.

Important context

Ongoing appetite loss, dehydration, rapid weight change or difficulty eating warrants personalised professional support.