



# WHAT TO EAT

Before, During and After Cancer Treatment

## POOR APPETITE

**What it is:** Losing your desire to eat, making it a challenge to eat well and get good nutrition.

**What it does:** Getting too few calories and not enough protein can lead to weight loss, weakness, and fatigue.

### Tips to help:

- Eat 5 or 6 small meals and snacks each day.
- Make each meal or snack count with protein and calories, use protein shakes or other nutritional supplements as snacks.
- Eat on the clock - don't wait until you are hungry - eat at 8:00am, 10:00am, noon, etc.
- Eat with loved ones or play your favorite music while you eat.
- Plan ahead - have quick protein-rich snacks available.
- Break up a meal with pickles or olives to change the taste in your mouth.
- Allow yourself to eat what sounds good to you, like childhood comfort foods.

### What to eat:

- Hardboiled eggs with butter
- Cheese sticks
- Cottage cheese
- Pudding
- Noodles with butter
- Olive oil on vegetables
- Avocado and eggs
- Melon