



## Getting Started

# Nutrition During Cancer Treatment

You may experience many different symptoms related to cancer and cancer treatment. These symptoms can affect the amount you're able to eat leading to weight loss and reduced efficacy of cancer treatment. It's important to try and maintain your weight and food consumption before, during, and after treatment.

*These tips can help combat common symptoms and make it easier and more enjoyable to eat during your treatment.*



### Food doesn't taste good

- Season foods with tart flavors like lemon juice or vinegar.
- If food is too bitter or salty, try adding a small amount of sugar to foods. Add flavor to foods using herbs, spices or condiments.
- If food has a metallic taste, try using plastic silverware or sucking on sugar-free lemon drops, gum, or mints.



#### Food Safety Tip

Wash hands with warm, soapy water before eating and before and after preparing food.



### The smell of food makes you sick

- Choose cold foods such as sandwiches, crackers and cheese, yogurt and fruit, or cold cereal and milk. Aromas are stronger in heated foods.
- Cover beverages and drink from a straw.
- If the smell of cooking foods is bothersome, ask others to cook for you if possible. Ventilate rooms well by opening windows or using exhaust fan.



#### Food Safety Tip

Thaw frozen meat, fish and poultry in the fridge, not at room temperature.



### You don't have an appetite or you are too tired to eat

- Try to eat snacks between meals. Focus on eating 4-6 times a day or taking a few bites of food at least every 2 hours.
- Drink a liquid supplement to make up for missed meals.
- Keep shelf-stable snacks throughout your home so you can eat with minimal effort.
- Eat foods that require minimal chewing to eat, like smoothies, soft fruits, soft-cooked pasta, rice, casseroles, congee, khidchi, or oatmeal.
- Eat foods that are high in calories and protein like nut butters, eggs, cheese, ice cream, hearty soups, and yogurt.
- Avoid filling up on fluids with no calories like coffee or tea.



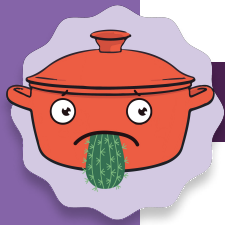
#### Food Safety Tip

Wash fruits and vegetables well before peeling, cutting and eating.

*Talk to your medical team about additional food safety precautions you can take.*

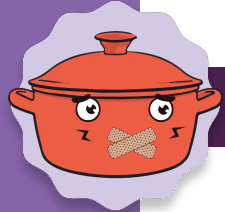


**Use your phone camera to scan QR code to find more resources and information!**



### Your mouth is dry

- Ensure you're hydrated by drinking 8 cups or more of fluid a day.
- Practice good oral hygiene by keeping your mouth and lips clean.
- Increase saliva by sucking on sugar free hard candy.
- Keep mouth moist with a popsicle, or drink sips of water all day.
- Add extra sauce, gravy, and condiments to your foods.



### You have a sore mouth or throat

- Eat bland, soft foods like pudding, milkshakes, applesauce, mashed potatoes, noodles, cottage cheese, congee, grits, dal, oatmeal or scrambled eggs.
- Try sucking on frozen bites of fruits. Cold foods can provide soothing relief.
- Blenderize or liquify foods to make them easier to swallow.
- Avoid irritating foods like citrus, spicy, or crunchy and dry foods.
- Ask your doctor or pharmacist about special mouthwashes that can help reduce pain and sores.



### You have diarrhea

- Eat easy to digest foods with low fiber including refined grains, cooked vegetables, canned fruits.
- Sip on non-caffeinated fluids.
- Nibble on salty foods like crackers and pretzels to replace lost sodium.
- Call your doctor if you experience diarrhea for an extended period of time or are concerned about dehydration



### You have constipation

- Drink plenty of water and fluids.
- Increase the fiber in your diet through fruits, vegetables, beans, and whole grains.
- Consult with your doctor about increasing exercise and movement in your day.



### You feel nauseous

- Eat small, frequent meals and snacks throughout the day.
- Eat slowly, and do not move around much after eating.
- Drink liquids separate from solids during mealtime.
- Sip ginger tea or ginger ale.
- Eat cold or room temperature foods.
- Avoid foods that are greasy, very sweet, or spicy.
- Try bland foods like toast, crackers, pretzels, yogurt, sherbet, hot cereal, skinless baked chicken breast, canned peaches or pears, or baby food