

# BETTER NUTRITION DURING CANCER TREATMENT



Cancer and cancer treatment may decrease your appetite and interest in food. When your appetite is limited, make every bite count by eating foods that are good sources of calories and protein.

## MEAL PLANNING TIPS



Eat small meals every 2 to 3 hours to improve digestion and feel more comfortable.



Drinking fluids can fill up your stomach and decrease your appetite. Drink more between meals instead of with meals.



Eat your favorite foods when you feel good! Keep a variety of choices on hand.



Enjoy breakfast foods around the clock. Eggs, pancakes, and waffles are usually easy to eat at any time of day.



If your appetite is best in the morning, eat a large breakfast, a big lunch, and a smaller dinner.



Eat leftovers or a nutritious snack in the middle of the afternoon.



For extra calories and protein, try nutritional bars, puddings, and calorie-rich and protein-rich beverages.

# NUTRITION AND PHYSICAL ACTIVITY



Talk to your doctor about physical activity. Light or moderate physical activity may help stimulate your appetite and maintain muscle.

- If you are steady on your feet, walk in your neighborhood or at the local mall. Choose places that offer places to sit down and rest as needed.
- If you are unsteady on your feet, ask your doctor for a referral to a physical therapist who can show you bed and chair exercises.



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