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Eating Well During Therapy

Given what we know about the benefits of nutrition and adequate calories and protein, nutrition therapy can be a strong ally during cancer and its treatment. Below is a list of tips to consider.

Boost Intake:

- > Eat nutrient-dense foods first so you don't get full too quickly on other things.
- > Keep indulgent foods on hand for when absolutely nothing else will do.
- > Add powdered milk to liquid milk. Sprinkle grated cheese in soups and on vegetables.

Lack of Energy:

- > Ask for help with food shopping and meal preparation.
- > Eat off disposable plates and use plastic utensils if you don't feel up to washing dishes.
- > Try finger foods. Cheese, bananas with peanut butter, and avocado sandwiches are quick and satisfying.

Nausea:

- > Take anti-nausea medication as directed.
- > Cold foods are often better tolerated.
- > Make sure food preparation areas are properly ventilated. Odors may worsen nausea.

Mouth Sores:

- > Choose soft textures and moisten solid foods with cheese sauce or gravy.
- > Stay away from acidic, spicy, and salty items as well as tobacco and alcohol. These are irritating to the mouth.
- > Take pain medication before meals or as prescribed by your physician.