

Tips for Managing Decreased Appetite

Things you can do on your own



Adjust your eating habits:

- Eat small meals throughout the day, rather than three larger meals
- Eat foods that you enjoy
- Some food may not taste the same during chemotherapy, so try citrus or other stronger flavors that may be more appealing
- Eat high-calorie, high-protein foods, including beans, meats, fish, avocado, nuts, high-fat yogurt, cheeses, peanut butter, or eggs
- Try shakes or smoothies throughout the day
- Try meal replacements such as Carnation Instant Breakfast, Boost, or Ensure

Develop strategies to feel hungry:

- Meet with a nutritionist to discuss other ways to treat your poor appetite
- Incorporate daily exercise (like going for a walk) into your routine
- Move your bowels regularly, as constipation can make appetite worse

See the Other Resources page for more information

When to call your care team for help



- If you have not been able to eat or drink anything for 12 or more hours
- If you are having other symptoms that make it difficult to eat, such as:
 - Mouth sores
 - Tongue pain
 - A whitish discharge in your mouth
 - Abdominal (belly area) pain
 - Trouble or pain with swallowing
 - Nausea, vomiting, or constipation

Additional information on Decreased Appetite



- [Click here](#) for tips on managing poor appetite
- [Click here](#) for a video how to manage chemotherapy symptoms with food
- [Click here](#) for a video on the best ways to prevent nausea

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