

Eating and Nutrition Strategies for LOSS OF APPETITE

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Amber provides 1:1 online nutrition coaching to men and women who have faced a cancer diagnosis and want to:

- set and achieve goals for nourishment and healing during and after treatment
- use compassionate mindset work to reduce food fears and gain confidence in their nutrition after treatment

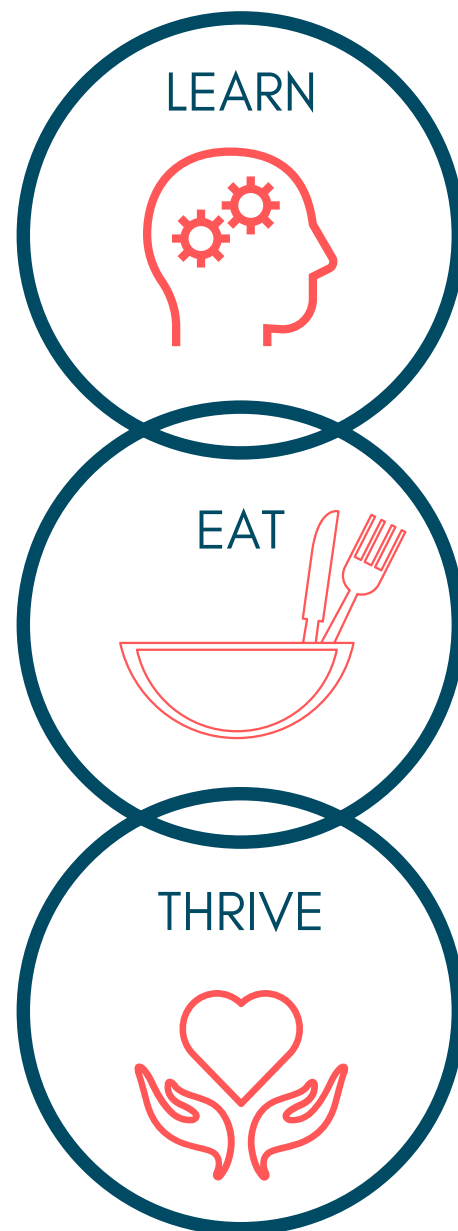
Visit www.cancernutritionalsolutions.com to learn more

DISCLAIMER

The information contained in this handout is created for informational and educational purposes only.

The content is not intended to substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have about your medical condition.



HELPFUL FOOD IDEAS

TRY SMALLER MEALS MORE OFTEN

- eat 4-6 mini-meals daily, spread 2-3 hours apart
- a mini-meal can be high calorie/high protein drinks, too!
- set a timer for meals
- save no or low-calorie drinks (water, broth, juice) to drink between meals

CONCENTRATE THOSE CALORIES!

- try foods that offer high calories in small servings
- make sure each mini-meal has a protein source

Easy-to-add foods for extra calories

in order to concentrate the calories in a food, consider adding something mild tasting that adds fat. The amount of calories you need is customized and depends on several factors.

- mild-flavored oils
- nut butters
- full fat dairy
- avocado
- custards and puddings



HELPFUL FOOD IDEAS

Easy protein options

each mini-meal should contain some protein. The amount of protein you need will depend on several factors, including your current height and weight, healing factors, and type of cancer treatment.

- cheese
- eggs
- dairy
- nuts
- meats
- protein powder

High calorie/high protein drinks

when chewing becomes too much of a chore, consider using liquids for some of your mini-meals. Make sure they contain enough calories and protein to meet your estimated requirements.

- fruit-based smoothies made with nut butters and full-fat milk
- milkshakes made with regular full-fat ice cream
- ready-to-drink nutrition supplements (like Ensure,[®] Boost,[®] ENU,[®] and Kate Farms[®])



NON-FOOD STRATEGIES

CONSIDER TALKING WITH YOUR TREATMENT TEAM ABOUT:

- using medications to help with your appetite
- finding physical activity that matches your energy and is something you enjoy



GIVE YOURSELF PERMISSION TO EAT THE FOODS YOU TOLERATE

- strict eating plans limit your choices
- certain foods may not be well-tolerated
- all foods provide nourishment

EATING AS A FORM OF SELF-CARE

- schedule mini-meals
- plan your hydration schedule

