

Loss of Appetite with Cancer Treatment

Loss of appetite is one of the most common problems with cancer treatment. Eating healthy meals and drinking liquids will help you feel better during treatment.

Follow these tips to improve your appetite:

- Eat small meals more often during the day.
- Drink liquids if you do not feel like eating solid food. Try juice, soup, milkshakes, and liquid or powdered meal supplements such as “Instant Breakfast”.
- Keep snacks with you and eat whenever you feel like it.
- Drink liquids between meals so that you are not too full to eat at mealtime.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

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Pérdida del apetito producto del tratamiento contra el cáncer

La pérdida del apetito es uno de los problemas más comunes del tratamiento contra el cáncer. Comer alimentos saludables y beber líquidos le ayudará a sentirse mejor durante el tratamiento.

Siga estos consejos para mejorar su apetito:

- Coma comidas pequeñas más a menudo durante el día.
- Beba líquidos si no desea comer alimentos sólidos. Pruebe el jugo, la sopa, las malteadas y los complementos para comidas líquidos o en polvo, tales como “Instant Breakfast”.
- Tenga a mano refrigerios para comerlos en cualquier momento en que lo desee.
- Beba líquidos entre comidas, de manera que no esté demasiado lleno para comer a la hora de la comida.

Converse con su médico, enfermera o nutricionista sobre cómo tratar los problemas para comer que pueda tener.

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