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**Oncology: Nutrition Tips for Well-Being**

Nutrition is an important part of your care, even if you choose not to have further treatment or can eat only small amounts. Eating regularly can help you feel stronger and have more energy.

**Nutrition Tips**

- Try to have small, frequent, and easy-to-eat meals and snacks throughout the day. Focus on foods that require little handling, preparation, or effort to eat.
- If meats are difficult to eat or don’t taste good, try chopped or ground meats mixed with a sauce in a casserole, stew, or pot pie.
- Include fruits and juices with your meals. These are usually easy to eat and may perk up your taste for other foods.
- Allow friends and family to prepare meals for you. Don’t hesitate to accept their offers of help with shopping and meal preparation. Be sure to tell them if there are certain foods you can’t eat very well or don’t like.
- Take advantage of the times you feel well. Breakfast is the best meal of the day for many people.
- If you are physically able, try to be more active.
- Keep commercially prepared, liquid nutritional supplements on hand for days when you just don’t feel like eating.

**Concerns to Discuss with Your Doctor**

- Tell your doctor if you have pain, diarrhea, nausea, or vomiting. Medications can be prescribed to help you feel better and lessen your symptoms.
- If constipation is a concern, check with your doctor about following a daily bowel care program that includes the use of stool softeners or laxatives. In addition, try adding 1 or 2 tablespoons (15-30 grams) of wheat bran to your food or drinking warm prune juice 3 or 4 times a day. Constipation can contribute to a poor appetite.
- An appetite stimulant can sometimes be helpful. Talk to your doctor about whether one could help you.