Good nutrition is an important part of your cancer treatment. Eating a well balanced, varied diet with enough calories, protein and nutrients can help you keep your strength, maintain your weight, rebuild body cells as well as help your body fight off infection.

Loss of appetite is a common complaint among people with cancer. Certain side effects of your treatments (nausea, diarrhea, constipation, sore mouth or a feeling of fullness) may also cause you to eat less. There are many ways to help relieve these problems such as changes in diet, or through medication prescribed by your doctor. Don’t be afraid to discuss your eating problems with your doctor and your health care team no matter how unimportant it may seem.

REMEMBER to eat well, you need to make every bite count. Keep the food pyramid in mind when preparing meals and snacks. Try to include at least two different food groups into your snacks and three different food groups into your meals. Be sure to include foods from the dairy and meat/other protein group for adequate protein. Eat small frequent meals if your appetite is down. Drink at least eight 8 oz. cups of fluid a day. Speak with your doctor before using vitamin or herbal supplements — they may interfere with some of the medications you are currently taking and may even be harmful.