

Appetite Changes



“Many days I’m just not hungry. I find it easier to eat 5 small meals, instead of 3 big meals each day. My nurse told me about foods that can help me keep up my strength.”

- **Eat well to help your body stay strong. Choose foods listed on the back of this sheet.**
- **Let your doctor or nurse know if you lose weight.**

Try these tips to make eating easier:

Set meal times and routines.

- Set times to eat a little, even if you’re not hungry.
- Eat 5 or 6 small meals each day, instead of 3 big meals.
- Keep up your interest in food by trying new foods. Eat with family or friends.
- If food tastes like metal, eat with plastic forks or spoons. Use a glass pot for cooking.

Be active.

- Being active may help you feel more hungry.
- Take a short walk each day.

Drink liquids.

- Try milkshakes or soup. These foods are easy to swallow.
- Getting enough liquids is important, but don’t fill up on liquids right before you eat or during meals.



Keep this list on your refrigerator.

Eat more of these foods and drinks that are high in calories or protein.

Soups	Drinks	Main meals and snacks	Sweets	Extras
• Cream soups • Soups with lentils, dried peas, or beans	• Instant breakfast drinks • Milkshakes • Fruit smoothies • Whole milk	• Chicken • Cooked, dried peas and beans • Eggs • Fish • Nuts, seeds, and wheat germ	• Custard • Frozen yogurt • Ice cream • Muffins • Puddings • Yogurt (plain or vanilla)	• Butter, margarine, or oil added to foods • Cottage cheese, cream cheese, and sour cream • Liquid meal replacements • Peanut butter • Powdered milk added to foods

Ask your doctor or nurse what foods and drinks are best for you.



FREE SERVICES TO LEARN MORE

National Cancer Institute Cancer Information Service

Phone: 1-800-4-CANCER (1-800-422-6237)
TTY: 1-800-332-8615
Online: www.cancer.gov
Chat Online: www.cancer.gov/help

Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. Are there high-protein drinks or vitamins that can help me?
3. Can you give me the name of a nutritionist, so I can learn more about what foods to eat?
4. What exercise can help me?



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