

# 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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# कैंसर उपचार के दौरान भूख में कमी

भूख में कमी, कैंसर उपचार के दौरान होने वाली अत्यंत सामान्य समस्याओं में से एक है । पौष्टिक भोजन खाने तथा पर्याप्त द्रव पीने से, आप उपचार के दौरान बेहतर महसूस करेंगे ।

अपनी भूख बढ़ाने के लिए, निम्नलिखित उपाय करें—

- दिन में अधिक बार, थोड़ा-थोड़ा भोजन करें ।
- यदि आपका ठोस भोजन खाने का मन नहीं हो रहा है तो द्रव पदार्थ पिएं । जूस, सूप, मिल्कशेक तथा द्रव अथवा पाउडर रूप में पूरक भोजन, जैसे 'इंस्टेंट ब्रेकफास्ट' ग्रहण करें ।
- स्वल्पाहार अपने साथ रखें तथा जब भी मन हो तब खाएं ।
- भोजनों के बीच में द्रव पिएं, जिससे आपका पेट भोजन के समय, अधिक न खाएँ ।

आपको यदि भोजन लेने में कोई समस्या है तो अपने चिकित्सक, नर्स अथवा आहार विशेषज्ञ से परामर्श करें ।

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