

# 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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# 癌症治疗造成的食欲丧失

丧失食欲是癌症治疗造成的最常见的问题之一。在治疗期间吃健康餐并多喝液体将会使你感到舒服一些。

试试以下提示，提高食欲：

- 白天少量多餐。
- 如果你不想吃固态食物，请喝液体。请尝试果汁、汤、奶昔和液态或粉状增补餐，如即食早餐。
- 随身带一些零食，想吃时便吃。
- 在用餐之间喝一些液体以便你在进餐时间不会因为太饱而不吃。

若有任何进食方面的问题，请告知你的医生、护士或营养师。

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