

Weight Loss with Cancer Treatment

Sometimes patients lose weight with cancer treatments. This weight loss may be due to the effects of cancer treatment on your body or because you are eating less. Talk to your doctor about your side effects. There may be medicine to help you. Eating healthy meals and drinking liquids will help you feel better during treatment.

Try these tips to manage weight loss:

- Eat food high in calories and protein such as peanut butter, whole milk, milkshakes, meats and cheeses.
- Eat your favorite foods any time of the day.
- Eat your largest meal when you are most hungry during the day.
- Add butter or margarine to soup and gravy or sauces on meat.
- Use whole milk or cream in cereal, pureed vegetables, soup or sauces.
- Add cheese to casseroles, potatoes, vegetables, eggs or sandwiches.
- Use cream cheese or sour cream as dips, spreads or toppings.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

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癌症治疗造成的体重减轻

有时癌症治疗会造成患者体重减轻。这种体重减轻可能是由于癌症治疗对你身体的影响，或是因为你进食比以前少。请告知医生有关副作用。可能会有有效的药物。在治疗期间吃健康餐并多喝液体将会使你感到舒服一些。

试试以下提示以控制体重减轻：

- 吃高热量高蛋白质食物，如花生酱、全脂牛奶、奶昔、肉和奶酪。
- 任何时候都可吃你喜爱的食物。
- 在一天最饿时饱食一顿。
- 给汤和肉汁或肉的调料加黄油或人造黄油。
- 请在麦片、菜泥、汤或调料中用全脂牛奶或奶油。
- 给烘烤菜、土豆、蔬菜、蛋或三明治加奶酪。
- 请用奶油、奶酪或酸奶油作蘸料、抹料或拌料。

若可能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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