

Nutrition During Chemotherapy

During chemotherapy, the energy provided by a healthy diet can help you rebuild normal cells. It can also help you keep up your strength and fight infection. As a result, you may feel better and be more able to cope with side effects. Ask your doctor about your nutrition needs.

Eating Right During Treatment

Side effects may make it a little harder to eat well on some days. The following tips will help you to continue to get the nutrition you need.

- Be open to new foods and recipes.
- Eat small portions often and slowly.
- Have a healthy snack instead of a meal if you are not very hungry.
- Try eating in a new setting.
- Take a walk before eating.
- Round off your diet with vitamins from fruit, vegetables, and grains.



Drink Plenty of Fluids

- Fluids help the body produce urine and decrease constipation. They help prevent kidney and bladder problems.
- They help replace fluids lost from vomiting and diarrhea.
- Try water, unsweetened juices, and other flavored drinks without caffeine. They flush toxins from the body.



Eat Protein

- Protein builds muscle, bone, skin, and blood.
- It helps your body heal and fight infection.
- Good choices include yogurt, eggs, chicken, lean meats, and peanut butter.
- You may want to ask your doctor about instant protein powder or other supplements.

Get Enough Calories

- Calories act as the body's fuel. The body uses this fuel to perform all of its functions, including healing.
- To get enough calories, eat foods such as ice cream (if tolerated), avocados, and eggs.
- Add butter, gravy, and sauces to foods (if tolerated).