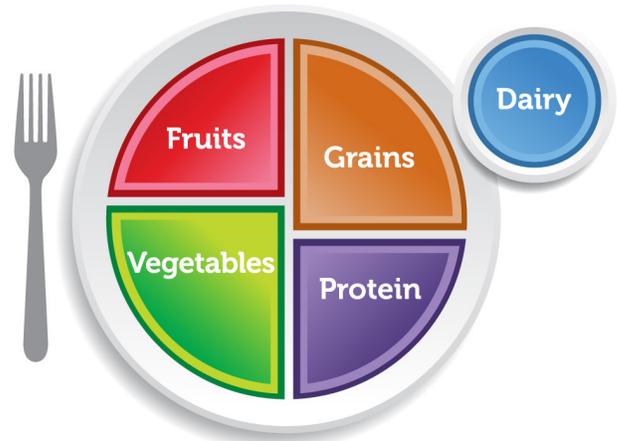


## Nutrition During Chemotherapy

### Recommended Amounts

Aim for 6 ounces of protein, 3 servings of dairy, 5-10 ounces of grains (at least half whole grains), 2 servings of fruit and 3 servings of vegetables each day.

Limit alcohol intake, excessive sweets and fats, and try to be physically active daily.



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During chemotherapy it is important to nourish your body with enough calories and protein to keep up your energy and strength. In addition, making healthy choices can help you meet your nutrient needs and maintain good bowel function. If you are not having nutrition-related problems, eat a balanced diet that is high in fiber and nutrients.

Side effects of chemotherapy are not experienced equally by everyone, and vary depending on the type of chemotherapy and the stage of treatment you are in. Common side effects related to chemotherapy and diet tips to help are listed on the following page.

### More Information

For more information about nutrition and chemotherapy contact:

**Oncology Dietitians**  
**319-369-8027**

Call your healthcare provider if you are experiencing uncontrolled problems:

**Physicians' Clinic of Iowa**  
**Hematology & Oncology**  
**319-297-2900**

## Nutrition During Chemotherapy

### *For Decreased Appetite:*

Make yourself eat something at least 3 and ideally 6 times per day. Several small meals vs. fewer large meals may help stimulate your appetite. Take advantage of times when your appetite is good by eating more than you normally would. Use nutrition supplements such as Ensure or Boost to add calories, protein, and nutrients.

### *For Weight Loss:*

Weight loss can occur even if appetite is good because of increased calorie needs in some types of cancer. You will need to push yourself to eat more than your appetite tells you to. Use extra snacks, eat larger portions, and use high calorie foods and nutrition supplements such as Ensure or Boost to meet your higher calorie needs.

### *For Nausea:*

Eat small, frequent meals consisting only of foods that appeal to you. Dry bread products such as plain crackers or toast may help reduce nausea. Avoid extreme hot and cold foods and beverages; room temperature foods are best tolerated. Avoid strong flavors and cooking smells. Avoid spicy foods.

### *For Diarrhea:*

Replace lost fluids; consider sports drinks. Replace minerals lost with higher sodium and potassium foods such as broth, canned soup, tomato or V8 juice, bananas, dried apricots and, potatoes. Avoid high sugar drinks, greasy/fried foods, and spicy foods. Avoid excessive caffeine, alcohol and the sugars sorbitol and xylitol. Avoid or limit dairy if lactose intolerant.

### *For Constipation:*

Increase fluid intake. Eat high fiber foods such as bran, whole wheat, bran & wheat cereals, fruits, vegetables, and dry beans. Apples, apple juice, prune juice and strong coffee may help. Increase your physical activity as able.

### *For Changes in Taste or Smell:*

Marinate foods in vinegar-based salad dressing before cooking. Try tart foods and drinks such as lemonade or citrus fruits. Add sugar to sweet foods that may have lost some of their sweetness. Add flavor with herbs or barbecue sauce. Use plastic eating utensils if you are bothered by a metallic taste. Avoid strong cooking smells by staying away from the kitchen.

### *For a Sore Mouth:*

Use soft, bland, and creamy foods such as cream of wheat, mashed potatoes, and ice cream. Drink fluids with a straw. Avoid high temperature foods, spicy foods, and acidic foods like tomatoes, vinegar, and citrus. Avoid alcohol, salty foods, raw vegetables, and sharp, crunchy foods like chips.