NUTRITION DURING CANCER TREATMENT

It is important for you to eat well. You need more protein and calories during illness, treatment, and recovery. When you eat less, your body uses its own nutrient stores, putting you at nutritional risk. It has been found that eating a diet high in protein and calorie helps you handle side effects better and get all your doses of treatment.

At times you may lose your appetite or have side effects that affect how much you eat. There are many reasons for eating less, like anxiety, fatigue, personal and emotional problems, or side effects of your cancer treatment.

This section has ideas to help you with nutritional intake and tips on how to manage side effects. Your registered dietitian can help answer any nutrition questions you may have during your treatment.