

Appetite Changes

Appetite changes and difficulty eating are common issues that result from cancer treatments. Try these tips to keep you nourished during your cancer journey.

TRY THIS

Snack often. Eat small snacks throughout the day instead of three large meals.

Eat bland foods. Avoid foods with strong smells and flavors.

Try liquid meals. Have smoothies, shakes, or other types of liquid meals.

CHECK THIS OUT

Visit the Springboard page on Appetite Changes.

<https://smokefree.gov/springboard/symptoms/appetite-changes>

Learn ways to deal with appetite loss (<http://go.usa.gov/xxAbe>) and appetite changes (<http://goo.gl/TF8nbq>).