

# Weight Gain

Most people lose weight during cancer treatment. But some people put on weight. Either way, it is very important to maintain good nutrition during treatment.

## TRY THIS

**Eat well during treatment.** Choose healthy foods like fruits and vegetables.

---

## CHECK THIS OUT

**Visit** the Springboard page on Weight Gain.

<https://survivorship.cancer.gov/springboard/symptoms/weight-gain>

**Get** tips on eating well. <http://goo.gl/HBsWAU>

**Learn** about nutrition for people with cancer. <http://goo.gl/WSMVIn>

**Get** some quick-and-easy snack ideas. <http://goo.gl/HBsWAU>