

## Dealing with Loss of Appetite

**Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.**

You may lose your appetite because you're experiencing nausea or have mouth/throat problems that make it difficult or painful to eat or swallow. Also, some drugs can cause you to lose your taste for food or make some foods taste differently. Here you'll learn how to address your loss of appetite.

Even if you don't have an appetite, it's important that you eat well—such as eating and drinking foods that have plenty of protein, nutrients, and calories.

Here are some helpful strategies for managing loss of appetite:

- Eat 5 or 6 small meals or snacks a day, instead of 3 big meals.
- Choose foods/drinks that are high in calories and protein.
- If you don't feel like eating solid foods, drink milkshakes, smoothies, juice, or soup.
- Set a daily schedule for eating.
- Some types of chemotherapy give you a metal taste in your mouth. If this happens, use plastic forks and spoons to decrease the metal taste.

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