

# Tips for Managing Decreased Appetite



## Things you can do on your own

### Adjust your eating habits.

- Eat small meals throughout the day, rather than 3 larger meals.
- Eat foods that you enjoy.
- Some foods may not taste the same during cancer treatment. Try citrus or other stronger flavors that may be more appealing.
- Eat high-calorie, high-protein foods, including beans, meats, fish, avocado, nuts, high-fat yogurt, cheese, peanut butter, or eggs.
- Try shakes or smoothies throughout the day.
- Try meal replacements such as Carnation Instant Breakfast, Boost, or Ensure.

### Develop strategies to feel hungry.

- Meet with a nutritionist to discuss other ways to treat your poor appetite.
- Incorporate daily exercise (like going for a walk) into your routine.
- Move your bowels regularly, as constipation can make appetite worse.



## When to call your care team for help

- If you have not been able to eat or drink anything for 12 or more hours
- If you are having other symptoms that make it difficult to eat, such as:
  - Mouth sores
  - Tongue pain
  - A whitish discharge in your mouth
  - Belly pain
  - Trouble or pain with swallowing
  - Nausea, vomiting, or constipation



For more information and support, visit the American Cancer Society website at [cancer.org/decreased-appetite](https://www.cancer.org/decreased-appetite) or call us at **1-800-227-2345**. We're here when you need us.