

Nutrition During Cancer Treatment

Cancer treatments can cause changes in food likes and dislikes. You may not feel like eating your favorite foods, so it's a good idea to try out new recipes, foods and spices.

Strong smells or odors can sometimes induce nausea. Avoid strong odors by cooking outdoors, serving foods cold, or using a fan while cooking.

If eating full meals is difficult, try preparing cold foods, soft foods, and fluids like smoothies.

If you are struggling to eat three full meals a day, try eating small amounts throughout the day.

Try to stay active! Light exercise like walking and swimming can help you build strength and retain muscle mass.

Record what you eat each day in a food diary that you can take to your doctor.

Cancer treatments like chemotherapy and radiation may cause a change in the way foods taste, so try to make your meals a variety of textures.

Crispy and Crunchy

Crackers, slices of pepper, lettuce, rice cakes

Grainy

Hummus, beans, strawberries, raspberries, lentils

Smooth and Creamy

Avocados, yogurt, bananas, soft cheese, pudding

Dry / Crumbly

Cooked meats, hard cheese, biscuits/crackers

Juicy / Fleshy

Pineapple, melon, tomato, orange, grapes

Soft / Pulpy

Fish, jelly, berries, peas, beans

Firm / Al Dente

Cooked vegetables, pasta, broccoli, dried fruit, well cooked scrambled egg

