

Diet and Medication Tips

- Talk to your health care provider about what makes up a healthy, balanced diet.
- If appetite loss is a problem, eat many small meals throughout the day.
- For nausea, try crackers, toast, or ginger ale.
- Take medications as they are prescribed.



Diet and Medication Tips

- Ask your health care provider before taking vitamins, supplements, herbs, or over-the-counter medications.
- Avoid iron supplements unless prescribed.
- Notify your health care provider of any side effects you have from a medication.



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