

# Appetite Changes



“Many days I’m just not hungry. I find it easier to eat 5 small meals, instead of 3 big meals each day. My nurse told me about foods that can help me keep up my strength.”

- **Eat well to help your body stay strong. Choose foods listed on the back of this sheet.**
- **Let your doctor or nurse know if you lose weight.**

## Try these tips to make eating easier:

### Set meal times and routines.

- Set times to eat a little, even if you’re not hungry.
- Eat 5 or 6 small meals each day, instead of 3 big meals.
- Keep up your interest in food by trying new foods. Eat with family or friends.
- If food tastes like metal, eat with plastic forks or spoons. Use a glass pot for cooking.

### Be active.

- Being active may help you feel more hungry.
- Take a short walk each day.

### Drink liquids.


- Try milkshakes or soup. These foods are easy to swallow.
- Getting enough liquids is important, but don’t fill up on liquids right before you eat or during meals.



## Keep this list on your refrigerator.

Eat more of these foods and drinks that are high in calories or protein.

Soups	Drinks	Main meals and snacks	Sweets	Extras
<ul style="list-style-type: none"> <li>• Cream soups</li> <li>• Soups with lentils, dried peas, or beans</li> </ul>	<ul style="list-style-type: none"> <li>• Instant breakfast drinks</li> <li>• Milkshakes</li> <li>• Fruit smoothies</li> <li>• Whole milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Cooked, dried peas and beans</li> <li>• Eggs</li> <li>• Fish</li> <li>• Nuts, seeds, and wheat germ</li> </ul>	<ul style="list-style-type: none"> <li>• Custard</li> <li>• Frozen yogurt</li> <li>• Ice cream</li> <li>• Muffins</li> <li>• Puddings</li> <li>• Yogurt (plain or vanilla)</li> </ul>	<ul style="list-style-type: none"> <li>• Butter, margarine, or oil added to foods</li> <li>• Cottage cheese, cream cheese, and sour cream</li> <li>• Liquid meal replacements</li> <li>• Peanut butter</li> <li>• Powdered milk added to foods</li> </ul>



**Ask your doctor or nurse what foods and drinks are best for you.**



### FREE SERVICES TO LEARN MORE

#### National Cancer Institute Cancer Information Service

**Phone:** 1-800-4-CANCER (1-800-422-6237)  
**TTY:** 1-800-332-8615  
**Online:** [www.cancer.gov](http://www.cancer.gov)  
**Chat Online:** [www.cancer.gov/help](http://www.cancer.gov/help)

### Questions to ask your doctor or nurse:

1. What problems should I call you about?
2. Are there high-protein drinks or vitamins that can help me?
3. Can you give me the name of a nutritionist, so I can learn more about what foods to eat?
4. What exercise can help me?



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