After completing cancer treatment, most eating-related side effects go away. However, some may last. The following tips can help:

**Dehydration**
- Take in plenty of fluids, especially if losing fluid through vomiting or diarrhea.

**Weight Loss**
- Eat several small meals and snacks throughout the day to help boost calorie intake, maintain weight, increase energy and strength, and to help heal.
- Try to eat high-calorie and high-protein foods at each meal and snack.
- Take a walk or lightly exercise before meals to increase appetite.

**Nausea**
- Avoid food odors. Stay out of the kitchen during meal preparation, if possible.
- Try cold foods to avoid strong smells, or allow food to cool down before eating.
- Avoid greasy, fried, high-fat, sweet, or spicy foods.
- Drink liquids between meals instead of with meals.
- Eat several small meals rather than fewer large meals.

**Lack of Appetite**
- Eat several small meals rather than fewer large meals.
- Keep snacks readily available.
- Avoid filling up on fluids with no calories, such as coffee or tea. Choose low-fat milk, 100% vegetable or fruit juice, or smoothies.

**Changes in Taste or Smell**
- Try different foods to find what tastes best.
- Marinate foods to improve their flavor.
- Counter a salty or bitter taste with added sweeteners and a sweet taste with added lemon juice or salt.

**Dry Mouth**
- Drink plenty of liquids.
- Sip water often.
- Suck on ice chips.

**Sore Mouth or Throat**
- Choose soft, wet, and easy to swallow foods.
- Blend food to make it easier to swallow.
- Avoid crunchy, salty, spicy, or sugary foods.
- Avoid alcohol.

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**Nutrition Help**

Cancer survivors with questions or concerns about nutrition should talk to a doctor, nurse, or dietitian. A registered dietitian can be one of the best sources of information.

For more information or to find a registered dietitian, contact the Academy of Nutrition and Dietetics at eatright.org.
References & Resources

Academy of Nutrition and Dietetics, Chemotherapy and Diet
https://www.eatright.org/health/diseases-and-conditions/cancer/chemotherapy-and-diet

American Cancer Society, Eating Well After Treatment

American Cancer Society, Eating Well During Treatment

American Cancer Society, Managing Eating Problems Caused by Cancer Treatments

National Cancer Institute, Side Effects of Cancer Treatment
https://www.cancer.gov/about-cancer/treatment/side-effects

To find a dietitian near you that specializes in cancer, use the Academy of Nutrition and Dietetics search tool at:
https://www.eatright.org/find-an-expert

Visit health.mo.gov/cancer for more important tips on surviving cancer.