

Nutrition tips to help manage weight loss and fatigue



WEIGHT LOSS

Cancer and cancer treatments put stress on the body that may cause loss of muscle and appetite, leading to weight loss.

FILL UP ON PROTEIN

- Eat protein-rich foods, like lean meat, dairy products, beans, and nuts
- Consider high-protein nutrition shakes for a convenient way to get more calories and protein
- Include protein-rich foods with every meal and be sure to eat them first

PLAN AHEAD

- Stick to an eating schedule so you eat even when you're not hungry
- Pack snacks with you to eat between meals
- Keep water or another beverage with you all day to stay hydrated and possibly add extra calories to your diet

STAY ACTIVE

- Try to get regular exercise—even if you're losing weight—to help maintain your muscles and strength
- Consider yoga, Pilates, or tai chi to improve flexibility, balance, and strength
- Reach out to your health care professional to create an exercise plan that's right for you



FATIGUE

Treatments can be very draining on the body, leading to fatigue.

EAT FOODS THAT PROVIDE ENERGY

- Get protein from foods like eggs, chicken, and cottage cheese
- Choose whole-wheat breads and grains
- Avoid foods high in sugars and refined carbs

STAY STOCKED

- Keep easy-to-prepare options on hand, like frozen meals and nutrition shakes
- Make and freeze extra food on days you feel up to it
- Fill the pantry and fridge with convenient foods and snacks you enjoy

KEEP IT SIMPLE

- Choose foods that are easy to eat and don't require a lot of chewing
- Buy takeout or prepared foods from the grocery store
- Use disposable or compostable dishes and utensils for quick cleanup

For additional support, visit nutritionforstrength.com



Nutrition tips to help manage nausea, vomiting, and diarrhea



NAUSEA AND VOMITING

Nausea and vomiting can be caused by treatments, especially chemotherapy. Dehydration, reduced nutrient intake, and digestive system issues can occur as a result.

SIP COLD, CLEAR LIQUIDS

- Drink water or beverages like flat ginger ale to help you stay hydrated
- Consider electrolyte beverages to help replenish lost nutrients
- Avoid hot drinks

CHOOSE MILD FOODS

- Try dry foods, like crackers or toast
- Eat bland foods, like chicken, noodles, or pudding
- Avoid foods with strong smells

ADJUST HOW YOU EAT

- Eat your foods cold or at room temperature
- Sit upright for at least 30 minutes after eating
- Keep something in your stomach if nausea happens only between meals



DIARRHEA

Treatments may damage the gastrointestinal tract, causing diarrhea. Diarrhea can lead to dehydration and reduced absorption of nutrients.

STAY HYDRATED

- Drink clear liquids 12-24 hours after experiencing diarrhea
- Consider electrolyte beverages to help replenish lost nutrients
- Avoid caffeinated and carbonated drinks

EAT 5-6 SMALL MEALS A DAY

- Help your body digest foods and put less stress on the bowels by eating smaller meals
- Add high-protein foods, like eggs and lean meats, to your meals
- Be sure to drink beverages with meals and between meals

CHOOSE FOODS AND DRINKS CAREFULLY

- Opt for low-fiber foods, like yogurt and white rice
- Eat bananas and potatoes to help replenish potassium
- Avoid foods that are greasy, spicy, or very sweet

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