



3851 Piper Street, Ste U340 Anchorage, AK 99508

Phone 907-562-0321

Loss of Appetite

Good nutrition is very important during therapy because protein and calories are needed to repair normal cells that have been damaged. Some people lose their appetite during therapy. The causes of loss of appetite (anorexia) are many and varied, and can be due to the effect of therapy, stress, fatigue, pain and changes in the usual life style. People who are better nourished generally have fewer and/or less severe reactions to therapy and are better able to tolerate the treatments. Proteins are needed to repair and regenerate the normal cells in the treatment field that are damaged. Calories are needed to give you extra energy.

Here are some hints for you to try to maintain good nutrition while you are undergoing treatment.

- Eat several small meals often, rather than three large meals.
- Exercise lightly before meals to stimulate the appetite.
- Don't drink fluids with meals. They tend to produce a feeling of fullness.
- Eat when you are hungry.
- Eat one-third of your proteins and calories at breakfast. This is generally when your appetite is at its peak.
- Use nutritional supplements (such as Ensure, Instant Breakfast) if you are losing weight. Sip the supplement slowly between meals.

Good Sources of Protein:

1 cup of whole milk	9 grams
1 cup Instant Breakfast	6 grams
1 cup yogurt	10 grams
1 egg	6 grams
$\frac{1}{2}$ cup cottage cheese	15 grams
$\frac{1}{2}$ can tuna fish	22 grams
3 oz. beef	21 grams
$\frac{1}{2}$ breast chicken	25 grams

Good Sources of Calories:

1 Tablespoon of mayonnaise	101 calories
1 teaspoon of butter	35 calories
1 Tablespoon of sour cream	72 calories
1 Tablespoon of peanut butter	94 calories
1 cup ice cream	256 calories