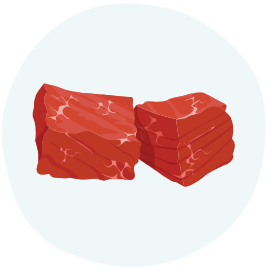


# Tips for Managing Your Diet During Chemotherapy



**Focus on foods that are high in protein and calories.** This will help you maintain strength and rebuild tissues affected by the treatment. Protein shakes can be a convenient source of nutrition.



**Try to eat bigger meals when you're feeling good and have an appetite.** Reserve drinking liquid meal replacements for when your appetite is low.



**Eat what sounds good, even if it's the same food again and again.** You may not be able to eat many different foods — and that's OK.



**Find ways to occupy yourself when you aren't able to eat anything at all.** Those days may happen — tell your doctor if you're unable to eat for more than 2 days.



**Drink plenty of liquids.** This is especially important on days when you cannot eat. Most adults should drink 8 to 12 cups of liquid a day. You may find this easier to do if you keep a water bottle nearby.

Source: National Cancer Institute