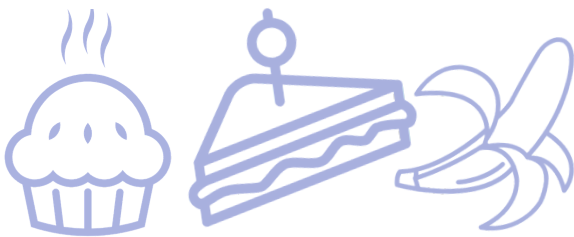


FATIGUE

ABOUT FATIGUE

Fatigue is a feeling of having low energy or being worn out. The feeling often does not go away with sleep. You may feel that you have no energy to do things that help you eat well, such as groceries, preparing food, and eating meals.

These feelings may last for a long time, but it is important to continue to eat well during times of fatigue.



"Stock up on foods and snacks so that you always have them ready to eat."



"Have softer foods or liquid foods that require less energy to eat."

TIPS FOR MANAGING FATIGUE

- Stock up on foods and snacks so that you always have them ready to eat.
- Freeze extra portions of food for days when you don't feel like cooking.
- Have small snacks throughout the day and eat whenever you start to feel hungry.
- Have your meals in a relaxed and comfortable environment.
- Ask friends or family to help you with grocery shopping and meal preparation.
- Have softer foods or liquid foods that require less energy to eat. Examples include soups, stews, scrambled eggs, yogurt, hot cereals, and smoothies.
- Buy healthy but convenient foods, such as pre-cut fruits and vegetables.
- Nutritional supplement drinks like Ensure® or Boost® can help you get more calories if you feel that you are not eating enough.

CONTACT YOUR HEALTH CARE PROVIDER IF:

- You are losing weight.
- Fatigue is impacting your ability to eat well.