

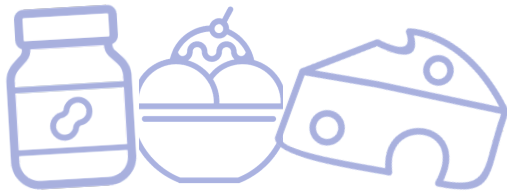
LOW APPETITE

ABOUT LOW APPETITE

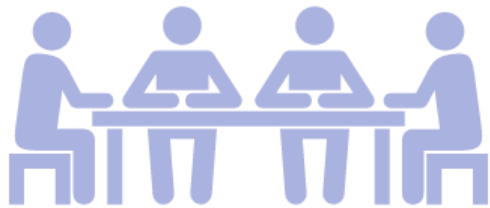
Low appetite may be caused by cancer, side effects from cancer treatment, medications, or feelings of sadness and anxiety. It's important to eat enough to give your body strength and energy.



"Eat your biggest meal when you're feeling best"



"Make every bite count by eating foods that are high in protein and calories."



"Make eating more enjoyable by asking friends and family to eat with you"

TIPS FOR MANAGING LOW APPETITE:

- Eat small amounts of food during the day, even when you're not hungry.
- Eat your biggest meal when you're feeling best.
- Prepare meals and snacks so they are ready whenever you feel like eating.
- Bring snacks with you when you leave the house.
- Make every bite count by eating foods that are high in protein and calories.
- Eat solid foods first. Have your drinks later so they don't fill up your stomach.
- Make eating more enjoyable by asking friends and family to eat with you.
- Eat in a relaxed and comfortable environment.
- If you can, try some light exercise, such as walking, before meal times to help boost your appetite.
- 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.
- You feel that you cannot eat enough food.
- You feel weak or dizzy.