

EATING WHEN EATING IS DIFFICULT

TIPS FOR EATING WHEN YOU AREN'T FEELING YOUR BEST

Eating can be difficult when you are going through chemotherapy. Here are a few tips to help you along the way. Avoid hot food smells by focusing on cold and room temperature foods. Drink a high calorie beverage like a smoothie if you are having a hard time eating meals. Avoid skipping meals by eating on a schedule every few hours during the day. Make a list of 10 foods you are willing to eat to avoid decision fatigue during meal and snack time. To help get you started on your list, check out the quick and easy meal ideas below.

Quick Snack & Meal Ideas



- Cereal and milk
- Cheese and crackers
- Hummus and carrots
- Peanut butter and jelly sandwich
- Oatmeal topped with nuts
- Yogurt and berries
- Trail mix
- Granola bars
- Soup and crackers
- Homemade smoothies
- Cottage cheese and fruit
- Banana and almond butter
- Bagel and cream cheese