

8 WAYS TO BOOST APPETITE & NUTRITION FOR CANCER PATIENTS



ADD LIQUID FOODS

E.g., nutritious soup, broth or pre-made liquid meal.



SNACK MORE

Go for snacks that are easy to prepare & eat like sandwiches or crackers.



SOFTEN FOOD

Add milk, cream or butter to soften the texture, or cook porridge instead of rice.



INCLUDE PROTEIN-RICH FOOD

E.g., lean meat, poultry, fish and seafood, eggs, beans, lentils and soy products.



TRY FROZEN FOODS

E.g., frozen yogurt, ice cream – high in calories & do not require chewing.



ADD CALORIES INTO DRINK

E.g., opt for fresh fruit juice instead of drinking water.



EAT 5-6 MEALS A DAY

Aim for 5-6 smaller meals & snacks instead of 3 big meals a day.



TREAT OTHER SIDE EFFECTS

Treating nausea, diarrhoea or fatigue can help to improve appetite.

Nutrition For The Cancer Patient

David Kirk



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