



# Chemotherapy's Impact on Nutritional Health

Cancer treatments may cause acute and chronic effects. Side effects of cancer treatments vary among patients, depending on the type, length, and dose of treatments and the type of cancer being treated.

Use this guide to gain tips on how healthy eating can maintain your health, give you energy, and make you feel good while undergoing care and treatment.

*\*Information provided from American Cancer Society*

## Chemotherapy Can Cause these Treatment Induced Effects:

## Nutritional Support Interventions:

### **Appetite Changes Weight Loss/Anorexia**

Eat several small meals or snacks throughout the day, rather than three (3) large meals.

### **Mouth Dryness**

Sip liquids with meals to moisten foods and help with swallowing.

### **Taste Bud Changes**

Serve foods cold or at room temperature. This can decrease the foods' tastes and smells, making them easier to tolerate.

### **Dysphagia (Painful Swallowing)**

Drinking at least 2 to 3 quarts of fluids each day, if your health care team approves.

### **Nausea/Vomiting**

Try to rest quietly while sitting upright for at least an hour after each meal.

### **Diarrhea**

Try a clear liquid diet (one that includes water, weak tea, apple juice, peach or apricot nectar, clear broth, popsicles, and gelatin with no solids added) when diarrhea starts or when you feel that it's going to start.

### **Constipation**

Avoid chewing gum and using straws to drink. Using them can also cause gas.

Be sure to discuss your symptoms and treatment with your healthcare team!



# For More Resources

**Eat Smart Move More NC: (Healthy Grocery Shopping Tips)**

[www.eatsmartmovemorenc.com/myesmm/aisle-by-aisle/](http://www.eatsmartmovemorenc.com/myesmm/aisle-by-aisle/)

**North Carolina Comprehensive Cancer Control Program: (Cancer Treatment)**

<https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/treatment.htm>

**Live Healthy to Be There:** [www.preventchronicdiseasenc.com/](http://www.preventchronicdiseasenc.com/)

**North Carolina Cancer Prevention and Control Branch:**

<https://publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm>

**American Cancer Society: (Eating Well During Treatment)**

[www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/once-treatment-starts.html](http://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/once-treatment-starts.html)

**American Cancer Society: (Managing Eating Problems Caused by Cancer Treatments)**

[www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/common-problems.html](http://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/common-problems.html)

**Center for Disease Control and Prevention: (Staying healthy during cancer treatment)**

[www.cdc.gov/cancer/survivors/patients/staying-healthy-during-cancer-treatment.htm](http://www.cdc.gov/cancer/survivors/patients/staying-healthy-during-cancer-treatment.htm)

**Cancer Dietitian: (Food safety for cancer survivors and those undergoing treatment)**

[www.cancerdietitian.com/2020/04/webinar-on-food-safety-for-cancer-survivors-and-those-in-treatment.html](http://www.cancerdietitian.com/2020/04/webinar-on-food-safety-for-cancer-survivors-and-those-in-treatment.html)

**National Cancer Institute:** [www.cancer.gov/](http://www.cancer.gov/)

