

“To figure out your calorie range to help maintain your current weight, take your body weight (in pounds) divided by 2.2 to find your weight in kilograms. Typically, I calculate a range between 25 and 35 calories per kilogram of weight.” - Julie Lanford, MPH, RD, CSO, LCN

“Aim to eat 1 to 1.5 grams of protein per kilogram of your body weight daily. You can increase your protein intake through protein drinks, dairy-based protein found in milk, yogurt and cheese, and meats. These tend to be the easiest proteins to digest. If you are not having digestive issues, add in plant proteins like nuts, seeds, and beans. If lactose bothers you, find lactose-free versions of products.” -Julie Lanford, MPH, RD, CSO, LCN

“Many have heard the common myth that “sugar feeds cancer”. Actually, consuming some amount of sugar is perfectly healthy and can play a role in meeting calorie needs, as long as it is in balance with other important nutrients.” -Julie Lanford, MPH, RD, CSO, LCN

“Eat what sounds good to you, no matter the time of day or whether it's a food that typically goes at that time of day. For people who are facing appetite challenges, remembering that any food is better than no food lowers the bar on your expectations.” - Julie Lanford, MPH, RD, CSO, LCN

GETTING ENOUGH NUTRITION AND HYDRATION

- Ensure you are getting enough to eat by setting alarms to eat small meals every 2-3 hours and include protein in every meal.
- Softer meats, soups, and smoothies tend to be easier to eat.
- You can make your own smoothies at home with milk or lactose-free milk and protein powder. The most affordable option is dry milk powder.
- You should aim for about 8-10 cups or 64-80 ounces of water per day. Fill up a large water bottle and drink it throughout the day. It's a good goal to have 4-8 ounces every hour or two.
- If you are feeling nauseous or having diarrhea, an oral rehydration beverage like Gatorade, Pedialyte, or diluting juice and adding salt to it can help add extra electrolytes to your body.
- Allow yourself the freedom to choose whatever beverage will taste good to you. It's perfectly fine to get your water from juice, milk/lactose-free milk, broth, coffee, or tea.

STIMULATING APPETITE & MANAGING TASTE CHANGES

- If nausea is impacting your appetite, take nausea medicine 30 minutes before you plan to eat. You can also maximize the volume of food you're eating by eating calorie-dense foods that are high in fats like whole milk, high fat cheeses, peanut butter, and avocados. Lastly, if it's easier, drink your calories. This can be through supplement drinks (Ensure or Ensure Plus, Boost or Boost Plus, Carnation Breakfast Essentials, etc.), smoothies or soups.
- Yellow and red colors can stimulate your appetite. Try using yellow or red plates, cups, tablecloths, or placements.
- Use a bread maker to make your own bread - the smell can stimulate your appetite, and you get fresh bread too!
- If the above solutions don't improve your appetite, talk to your healthcare provider about medication.
- If dealing with taste changes or a metallic taste in your mouth, try drinking water with fresh lemon to reset your taste buds. Avoid metal silverware and use plastic or bamboo instead. Red meats tend to have a stronger metallic flavor as well and may want to be avoided.
- If things tend to be too sweet for you, try a sour marinade, add acid (lemon, tomato sauce, spices) or bitters on your food.

DOS AND DON'TS OF SUPPLEMENTS

- Make sure your medical team knows what you are taking.
- There can be a use for nutritional supplements, but it should be as a result of a clinical test that suggests you have a deficiency. You should talk with your team to determine how long you should be on a supplement and monitor to see if it is helping.
- Antioxidant supplements and St. John's wort should be avoided as they can interact negatively with oncology drugs.

RESOURCES

- [Patient Empowerment Network](#)
- [American Institute for Cancer Research](#)
- [American Cancer Society](#)
 - [ACS Cares App](#)
 - [Nutrition After Cancer Treatment](#)
- [CancerCare](#)
- [Cancer Dietitian](#)
- [Cancer Nutrition Consortium](#)

- [Cancer Support Community](#)
- [Cook for Your Life](#)
- [Eatright.org](#)
- [LLS Nutrition](#)
- [National Cancer Institute](#)
 - [Nutrition in Cancer Care](#)
- [Oncology Nutrition](#)
- [Rebecca Katz Kitchen](#)