

# Checklist: Eating Safely During Treatment

During cancer treatment, you may not feel like eating, or you may have trouble eating. You may also need to eat different foods.

Your care team can tell you what to expect. This checklist can also help with any eating changes.

DO: Eat more calories and extra protein, if needed. It will help keep your strength up.

DO: Drink lots of liquids to stay hydrated. Aim for 8 to 12 cups a day as your provider advises.

DO: Protect yourself from food-related illnesses. Make sure you always wash your hands before touching any food.

DO NOT: Drink alcohol without first talking to your care team. It can make some side effects, like dry mouth or diarrhea, worse.

DO NOT: Force yourself to eat big meals. Instead, try eating several smaller meals throughout the day.

DO NOT: Consume hot, spicy, salty, or acidic foods if your mouth or throat is sore.

DO NOT: Take any herbs or dietary supplements without first talking with your care team.

Getting the nutrients you need is key to your cancer care. Talk with your care team for more guidance and support. Follow this checklist to eat safely during your treatment.