

癌症治療造成的食欲不振

Loss of Appetite with Cancer Treatment

Loss of appetite is one of the most common problems with cancer treatment. Eating healthy meals and drinking liquids will help you feel better during treatment.

Follow these tips to improve your appetite:

- Eat small meals more often during the day.
- Drink liquids if you do not feel like eating solid food. Try juice, soup, milkshakes, and liquid or powdered meal supplements such as Carnation Breakfast Essentials, Boost or Ensure.
- Keep snacks with you and eat whenever you feel like it.
- Drink liquids between meals so that you are not too full to eat at mealtime.

Talk to your doctor, nurse or dietitian about dealing with any eating problems you may have.

癌症治療時最常見的問題之一就是食欲不振。治療期間，多吃健康食物並多喝液體有助於緩解不適。

採取以下方法來改善食欲：

- 每天少量多餐進食。
- 若不想吃固態食物，可以喝流質飲品。嘗試飲用果汁、湯品、奶昔與液體或粉狀代餐包，如 Carnation Breakfast Essentials、Boost 或 Ensure。
- 隨身攜帶一些點心，隨時進食。
- 兩餐之間喝一些液體，以免在餐食時間感到太飽而沒有胃口。

如有任何飲食相關問題，請諮詢您的醫生、護士和營養師。