

항암치료 시 식욕감퇴

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.

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- 딱딱한 음식을 먹기 싫으면 음료 형태로 섭취한다. 주스, 수프, 밀크셰이크, 액체 또는 가루 형태의 보조 식품(예: Carnation Breakfast Essentials, Boost 또는 Ensure 등)을 먹는다.
- 간식을 항상 갖고 다니다 먹고 싶을 때 먹는다.
- 공복일 때 수분을 섭취해두어 식사 때 배가 너무 부르지않도록 한다.

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