

癌症治疗造成的食欲减退

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.

食欲减退是癌症治疗造成的最常见的问题之一。在治疗期间健康饮食并多喝液体将会使您感到舒服一些。

试试以下方法，以提高食欲：

- 白天少食多餐。
- 不想吃固体食物时，可饮用液体。请尝试饮用果汁、汤羹、奶昔以及液体或粉末状膳食补充剂，如 Carnation Breakfast Essentials、Boost 或 Ensure。
- 随身带一些零食，随时可食。
- 在两餐之间喝一些液体，以便在进餐时间不会因为太饱而不吃。

若有任何进食方面的问题，请告知您的医生、护士或营养师。