

Weight Loss with Cancer Treatment

Sometimes patients lose weight with cancer treatments. This weight loss may be due to the effects of cancer treatment on your body or because you are eating less. Talk to your doctor about your side effects. There may be medicine to help you. Eating healthy meals and drinking liquids will help you feel better during treatment.

Try these tips to manage weight loss:

- Eat food high in calories and protein such as peanut butter, whole milk, milkshakes, meats and cheeses.
- Eat your favorite foods any time of the day.
- Eat your largest meal when you are most hungry during the day.
- Add butter or margarine to soup and gravy or sauces on meat.
- Use whole milk or cream in cereal, pureed vegetables, soup or sauces.
- Add cheese to casseroles, potatoes, vegetables, eggs or sandwiches.
- Use cream cheese or sour cream as dips, spreads or toppings.

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

암치료 중 체중 감소

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- 좋아하는 음식을 언제든지 먹는다.
- 하루 중 가장 배고플 때 가장 많이 먹는다.
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- 시리얼, 푸레, 수프, 또는 소스에 보통 우유나 크림을 넣어서 먹는다.
- 치즈를 캐서롤, 감자, 채소, 계란, 샌드위치에 넣어 먹는다.
- 크림 치즈나 사워 크림을 덩, 스프레드 또는 토핑으로 사용한다.

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