

What Else Could I Do?

Eat High Calorie/Protein snacks every 1-2 hours instead of 3 large meals a day.

Look forward to meal time.

Set the table nicely.

Eat with someone.

Play your favorite music/movies while eating.

Be physically active.

Eat your favorite foods whenever you want.

Try new foods and recipes.

When Should I Call My Healthcare Provider?

- If you follow the recommendations and you are still losing weight.
- If you are too tired to do things you need to care for yourself (eating, bathing, using the restroom).
- If you have thoughts of harming yourself or others.

For More Information:

Academy of Nutrition and Dietetics. [www.eatright.org/
resources/health/diseases-and-conditions/cancer](http://www.eatright.org/resources/health/diseases-and-conditions/cancer)

American Cancer Society. www.cancer.org

American Institute for Cancer Research. www.aicr.org

National Cancer Institute. www.cancer.gov

Contact:

UA College of Nursing
Office of Professional & Community Engagement
1305 N. Martin Ave.
Tucson, AZ 85721
Tel. (520) 626-6151



THE UNIVERSITY OF ARIZONA
College of Nursing

Loss of Appetite

Nutritional Support



Prepared by



COMMUNITY
CANCER
CONNECTIONS

1305 N. Martin Ave.
Tucson, AZ 85721
(520) 626-6151

What is Loss of Appetite?

Loss of Appetite is when you have a decreased desire to eat. It can cause weight loss. Appetite loss, weight loss, and muscle mass loss can cause a more serious condition called “cachexia”, or wasting away of the body.

What Causes Loss of Appetite?

Some Types of Cancer (Ovarian, Pancreatic, and Stomach)

Radiation Therapy

Surgery

Nausea/Vomiting

Mouth Sores/Ulcers/Dry Mouth

Changes in Taste and Smell

Difficulty Eating (Chewing, Swallowing)

Fatigue

Depression/Stress/Fear/Anxiety

What Happens When People Lose Their Appetite?

- Disinterest in Food
- Pain
- Feeling Tired/Drained
- Upset Stomach
- Vomiting
- Dizziness
- Muscle Weakness
- Difficulty Concentrating
- Sensitivity to Taste and Smells

What Should I Eat?

When losing your appetite, try to eat as many extra calories as you can, foods that you enjoy, and always have ready-to-eat snacks available for quick energy.

Extra Calories/Protein

Butter

Skim Milk

Add Cheese to Sandwiches and Soups

Eggs

Nuts and Seeds

Peanut Butter

Honey/Brown Sugar

Foods w/ Appealing Aromas / Favorite Foods

Ethnic Cuisine (Chinese, Mexican, Italian, Japanese)

Roasted Chicken w/ Lemon, Garlic, Onion

Dairy Products

Milkshakes

Yogurt

Ice Cream

Finger Foods

Deviled Eggs

Peanut Butter Crackers

Granola Bars

Canned Tuna/Chicken

Pita Bread and Hummus

Easy to Prepare Foods

Sandwiches

Smoothies

Canned Fruit and Vegetables

Puddings

Cheese, Bean, Sour Cream Dips with

Chips/Vegetables

Bagel and Cream Cheese

Prepackaged Pizza

Granola and Dried Fruit

Canned Spaghetti/Ravioli