Let’s talk about appetite loss...

- Appetite loss is when you lack feelings of hunger. Though you may not feel like eating, it is important to try to reach your calorie, protein, and liquid needs.
- If you are concerned that you are not eating well or not eating enough, speak to your healthcare team.
- Ask your healthcare team how carefully you need to follow your specific dietary plan.

What you can do

- Try eating 5-6 small meals.
- Sit upright for 30-60 minutes after eating to help with digestion.
- If odors bother you, try foods that are cold, with less smell.
- Try cooking with fewer spices (onion, garlic, or condiments that might bother you) until you can tolerate them.
- Eat more when you feel most hungry.
- Eat foods that are higher in protein and calories (such as eggs, nuts, meat)
- Drink high energy/protein drinks (Ensure, Glucerna).
- Stay active (try walking 15-20 minutes 1-2 times/day).

Additional help

- If getting groceries and preparing meals is difficult, try buying pre-prepared food or making a large amount of food and freezing it in smaller portions.
- Ask friends/family for help.
- Consult with a dietician. They may be able to recommend new strategies.

Other resources

- Food and Meal ideas: https://bit.ly/bccancer-appetite
- More resources at: mcgill.ca/rcr-rcn/patient

In your hospital

**Symptom Hotlines**

*Don’t hesitate to call!*  
Hours of operation: 8AM to 4PM

MUHC: (514) 934-1934 ext. 34160  
JGH: (514) 340-8222 ext. 25529  
St. Mary’s: (514) 734-2679, ext. 5

**Dietitian**

MUHC: ask your doctor or nurse for a referral  
JGH: ask your doctor or nurse for a referral  
St Mary’s: (514) 345-3511 ext. 3962

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

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