EATING PROBLEMS

NAUSEA & VOMITING

♦ Try small, frequent feedings, instead of three large meals. Eat and drink slowly.
♦ Eat dry foods (toast, crackers) before rising in the morning.
♦ Avoid fatty, greasy or fried foods. Avoid overly sweet or spicy foods.
♦ Clear, cool beverages are recommended. Sip liquids slowly through a straw.
♦ Avoid liquids at meal times. Take them 30-60 minutes before or after eating.
♦ Don’t lie flat for at least 2 hours after eating.
♦ If smells make you nauseated, have someone else do the cooking, or use foods that don’t have to be cooked. Avoid foods with strong odors.
♦ Eat foods cold or at room temperature.
♦ Avoid eating in a room that’s stuffy or too warm.
♦ Don’t force yourself to eat a favorite food when you feel nauseated.
♦ Wear loose-fitting clothes.

DIARRHEA

♦ Use refined grain products (white bread and rice) in place of whole grain products (oat, whole wheat, bran).
♦ Avoid vegetables or fruits with skins, hulls, or seeds. All vegetables should be cooked and without seeds. Avoid gas forming foods like broccoli, cauliflower, and cabbage.
♦ Include foods high in potassium such as bananas, potatoes, orange juice or meat.
♦ Drink lots of decaffeinated liquids to replenish lost fluids. Liquids should be at room temperature.
♦ Use low lactose products if milk causes diarrhea.
♦ Avoid caffeine.
♦ Avoid highly spiced, greasy, fatty or fried foods.
♦ Tell your doctor if diarrhea persists.

CONSTIPATION
Add more fiber and fluid to your diet. Use whole grain breads and cereals (whole wheat bread, oatmeal) in place of refined grain products (white bread, pasta, and rice).

Eat a variety of fresh fruits and vegetables. You should strive for 5 to 8 servings a day. A serving is 1/2 cup cooked or 1 cup raw or 6 ounces of juice.

Try adding 1 - 2 tablespoon of bran to cooked cereals and casseroles. Bran can also be eaten as a cereal.

Snack on dried fruits.

Drink plenty of decaffeinated fluids (8-10 full glasses each day). Prune juice is a good choice since it has a laxative effect.

Hot liquids often stimulate bowel activity and may be helpful.

**DIFFICULTY SWALLOWING OR SORE MOUTH**

- Foods that are liquid or soft are the best choice when soreness develops in the mouth or throat.
- Very cold foods are often soothing. Add ice to milk and milk shakes.
- Substitute fruit drinks and nectars for acidic fruit juices (orange, grapefruit, tomato) to avoid burning.
- Drink small amounts of high-calorie supplements frequently. Try double-strength milk (8 oz. whole milk and 5 Tbsp. non-fat dry milk), eggnogs, milkshakes, and powdered instant breakfast mixed with whole milk.
- Use a blender or food processor to puree your foods.
- Cut food into small pieces and moisten with soups, thin gravies, butter or sauces.

**LOSS OF APPETITE**

- Eat small frequent meals and keep snacks handy for nibbling.
- Make the foods you eat count by using high-calorie, high-protein items. Try high calorie milkshakes and supplements or eggnog instead of non-caloric beverages (water, diet soda, coffee, tea).
- Make your meals attractive. Eat in a calm, pleasant atmosphere, with others if possible. Listen to relaxing music while eating. Add variety to your meals.
- Avoid foods that will cause feelings of fullness (carbonated beverages and fatty foods).
- Engage in light or moderate exercise 2 hours before meals. Check with your doctor first.

**CHANGE IN TASTE**
Use herbs and spices to make food more flavorful (basil, oregano, rosemary, tarragon, lemon).

Try adding bacon or ham to vegetables.

Cook chicken, turkey or fish if meat tastes strange. Use eggs and dairy products as substitutes.

Marinate meat, chicken, or fish in sweet fruit juices, flavorful salad dressings, or sweet and sour sauce.

Tart foods (oranges or lemons) may enhance flavor (if you have no mouth or throat problems).

Serve foods cold or at room temperature for improved taste.

Try eating foods which leave their own taste in your mouth, such as fresh fruit or hard candies.

Ask your dentist about special mouthwashes and good mouth care.

Avoid smells from cooking if possible.

Maximize other food characteristics such as color and texture.

Avoid cooking in metal pots.

Chew sugar free mints to disguise unpleasant tastes.