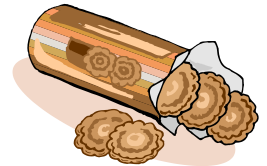


EATING PROBLEMS

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.