



Snacking: Food for Thought

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Nutritional Information

Providing your body with enough nutrition is important for the following reasons:

- Helps the body cope with any treatment side effects
- Prevents nutritional deficiencies
- Promotes recovering and healing
- Fights off infections
- Helps you feel stronger, with increased energy levels
- Maintains normality and social interaction

An easy way to provide your body with the energy it needs is to:

- Eat little and often
- Select foods high in calories and protein
- Include extra snacks and nourishing drinks



The following section of the booklet aims to help you select snacks and drinks that will provide you with the most nourishment per portion.

This list of items is not exhaustive but is given to provide ideas on some of the higher calorie snack foods that can be found.

Snack Guide

To help you choose which snacks are highest in calories, each item has been given a * symbol.

They have been categorised into the following:

- **Above 300 calories per portion = *****
- **Between 200-300 calories per portion = ****
- **Between 100-200 calories per portion = ***



You should aim for a total of at least 6 * points per day.

There is space at the end of this booklet to record your daily * points.

Consider trying to have a mid-morning snack, an afternoon snack and also something for supper (this can be food or a nourishing drink).

If your appetite is very poor, try and eat 6 snacks throughout the day rather than 3 larger meals.



Bread, Bakery Items and Cakes



Food Item	*Score
Apple Strudel Slice	*
Apple Turnover	***
Bagel	**
Bakewell Tart	**
Battenberg Cake Slice	*
Belgian Bun	***
Brioche Bun	**
Carrot Cake Slice	***
Chapati	*
Cheese and Onion Pasties	***
Cheese and Onion Rolls	**
Cheese Scone	*
Cheese Twist	***
Chicken Pasty	***
Chocolate and Banana Loaf Slice	**
Chocolate Brownie	***
Chocolate Cake Slice	***
Chocolate Éclair	**
Cinnamon Swirl	*
Cornish Pasty	***
Crepe with Chocolate Sauce	*
Croissant	*
Crumpets with Butter	*
Danish Pastries	***
Doughnut - Custard Filling	**
Doughnut - Jam Filling	***
Egg Custard	**
Flapjack	***
Flatbread 50g Serving	*
Fruit Loaf	*
Fruited Teacake with Butter	**

Food Item	*Score
Garlic Bread Slice	*
Hot Cross Bun	*
Hot Cross Bun with Butter	**
Iced Finger	*
Individual Cake Bar	*
Jaffa Cakes x 3	*
Large Yorkshire Pudding	***
Macaroon x2	*
Madeleine	*
Madeleine - Choc Chip	*
Malt Loaf with Butter	*
Manor House Cake Slice 50g	**
Muffin	**
Naan Bread	***
Pain au Chocolate	***
Pancake (scotch)	*
Pitta Bread	**
Pizza – 7” Mini	***
Pizza Slice 100g	**
Pop Tart	**
Protein Bagel Thin	*
Scone with Jam and Cream	***
Soda Bread 50g	*
Soreen ¼ Loaf	*
Steak Bake	***
Sultana Finger	*
Toast with Jam / Peanut Butter	**
Toasted Bagel with Pâté/Cream Cheese	***
Toasting Muffin	*
Waffles with Butter	*
Welsh Cake	*
Whole Wheat Bread with Butter x2 Slices	*

Nuts, cereal and savoury snacks



Food Item	*Score
Almonds x30g	**
Baked Beans x100g	*
Bombay Mix x 30gm	*
Bowl of Cornflakes/Puffed Rice	**
Bowl of Porridge	**
Brazil Nuts x30g	**
Breakfast Bircher x100g	*
Cereal Bars / Granola Bars	*
Cheese 30g Portion	*
Cheese and Crackers x4	*
Cheese String / Stick	*
Chicken Pieces / Drumstick	*
Chips x100g	**
Cocktail Sausages x 5	*
Coco Pops x50g	*
Crispbreads with Topping	**
Dried Fruits x 30gm	*
Granola x50g	**
Hard-boiled Egg	*
Hazelnuts x30g	*
Individual Pork Pie	***
Kids Size Ready Meals	*
Macadamia Nuts	**
Microwave Cheeseburger	***
Microwave Chicken Burger	***
Microwave Chips	**
Microwave Hot Dog	***
Mini Beef Pasty	*
Mini Falafel Bites x4	*
Mini Pringles Tube	*
Mini Sausage Roll x2	*
Mini Scotch Eggs x2	*
Mixed Nuts and Raisins x 40gm	**
Muesli x50g	*
Oatcakes	*
Onion Bhaji / Pakora	*
Pasta x100g	*

Food Item	*Score
Pecan Nuts x30g	**
Pine Nuts x30g	*
Pistachio Nuts x30g	*
Plant Jerky x60g	**
Pork and Egg Gala Slice	***
Pot Noodle	***
Potato Waffle	*
Prawn Toast Slice	*
Quorn Chickpea and Lentil Bowl	**
Quorn Chilli Bean Bowl	***
Quorn Cocktail Sausage	*
Quorn Sausage	*
Rice Cakes	*
Risotto x50g	*
Roasted Peanuts x50 gm	**
Samosa	***
Sausage Roll	***
Scotch Egg	**
Slice of Quiche	**
Soft Cheese Dip with Bread Stick	*
Spring Roll	*
Tinned Beef Casserole - 200g	**
Tinned Beef Curry - 200g	***
Tinned Bombay Potatoes - 200g	**
Tinned Chicken Balti - 200g	***
Tinned Chicken in White Sauce - 200g	**
Tinned Chicken Jalfrazi - 200g	**
Tinned Chicken Korma - 200g	***
Tinned Chicken Tikka Masala - 200g	***
Tinned Irish Stew - 200g	**
Tinned Macaroni Cheese - 200g	*
Tinned Meatballs in Tomato Sauce -200g	**
Tinned Spaghetti and Sausage - 200g	*
Tinned Spaghetti Hoops - 200g	*
Vegetarian Meatballs x4	*
Weetabix x 2 with Full Cream Milk	**
White Rice x100g	*

Fruit and veg



Food Item	*Score
Apple	*
Apple Slices with Caramel Dip x150g	**
Avocado x100g	*
Banana	*
Banana Chips x100g	***
Breadfruit x200g	**
Celery Stick with Cream Cheese	*
Chickpeas x50g	*
Coconut x30g	*
Coleslaw	*
Crunchy Snacking Corn x45g	**
Currants x30g	*
Dates x100g	**
Dried Apricots x30g	*
Dried Figs x30g	*
Hummus with Carrot Sticks	*
Mango x150g	*
Mashed Potato x200g	**
Olives x100g	*
Pear	*
Potato Salad x1 cup	***
Prunes x30g	**
Raisins x30g	*
Sultanas x30g	*
Sun Dried Tomatoes x30g	*
Sweet Potato x100g	*
Tabbouleh x100g	*
Yogurt Raisins x30g	*

Meat and Fish



Food Item	*Score
Battered Fish Fillet	**
Beef ¼ Pound Burger with Cheese	***
Beef Sausages x2	**
Black Pudding	***
Breaded Chicken Fillet	**
Breaded Turkey Fillet	**
Chicken Burger	**
Chicken Kiev	***
Chorizo	**
Chorizo - Diced x100g	*
Duck x 100g	***
Fish Cake	**
German Sausages x2	***
Hot Dog Sausage	***
Jerky	***
Mackerel x 100g	***
Mini Chicken Skewers x4	*
Pork BBQ Ribs	***
Pork Chop	**
Pork Crackling	**
Pork Sausages x2	**
Potted Beef and Tomato Spread	**
Potted Beef Spread	**
Prawns with Marie Rose Dip	**
Ready to Eat Chicken Pieces x100g	*
Sardines x100g	*
Scampi in Breadcrumbs x5	**
Spam x50g	*
Tuna x100g (in oil)	*

Desserts and Puddings



Food Item	*Score
Angel Delight	*
Apple and Cheese Pieces	**
Banana and Custard	*
Banana Cake Slice	***
Blancmange	*
Buko Pie	**
Brazo De Mercedes x200g	**
Bread and Butter Pudding Pot	**
Caramel Surprise Dessert Pot	**
Cheesecake Pot	**
Choc Ice	*
Chocolate Surprise Dessert Pot	**
Cornetto	*
Crème Caramel	*
Custard Pot	*
Fruit Tart	**
Full Fat Yoghurt	**
Gajar Ka Halwa x100g	*
Gulab Jamun	*
Ice Cream	*
Ice Cream Sundae	***
Jelly Cubes	**
Jelly With Whipped Cream	*
Kheer x100g	*
Magnum Ice Cream Lolly	**
Maruya Fried Banana	***
Mince Pie and Cream / Custard	***
Mini Sponge Pudding	***
Muller Corner	**
Panna Cotta	**
Portion of Fresh Fruit	*
Pot of Mousse	*

Food Item	*Score
Pot of Rice Pudding	*
Profiteroles x3	**
Ras Malai x200g	**
Rocky Road Slice	**
Sago Pudding x100g	***
Sans Rival Cake – 1 Slice	***
Semolina / Tapioca	*
Shahi Tukda x1 piece	*
Slice of Cheesecake	**
Spotted Dick	***
Sticky Toffee Pudding	***
Thai Coconut Pancake	*
Trifle	*
Watalappan x100g	**
Wingko Coconut Cake Slice	**

Sweets, Chocolates, Crisps and Biscuits



Food Item	*Score
Boiled Sweets	*
Bourbon Cream x3	*
Candyfloss	*
Chocolate Bar	**
Chocolate Buttons x10	*
Chocolate Chip Cookie - Large	**
Chocolate Chip Cookie-Mini Pack x20g	*
Chocolate Crème Egg	*
Chocolate Digestive x2	*
Chocolate Fingers x4	*
Chocolate Mini Roll	*
Chocolate Peanuts	*
Chocolate Raisins	*
Cookie Dough x100g	***
Custard Cream x3	*
Dark Chocolate x 50g	***
Easter Egg 65g	**
Fruit Pastilles x100g	***
Fudge Bar	*
Ginger Biscuits x2	*
Gingerbread x50g	**
Jalebi x50g	*
Jammy Dodgers x2	*
Jelly Babies	*
Kavum	*
Millionaires Shortbread	**
Mini Cheddars	*
Mung Bean Pastry	*
Nougat x50g	**
Nutella Pot With Sticks	**
Oatmeal Cookie	*
Popcorn - Sweet or Buttered	*

Food Item	*Score
Pork Scratchings	***
Potato Crisps	**
Prawn Crackers 50g Serving	*
Pretzels	*
Tortilla Chips with a Dip/Sour Cream	**
Turkish Delight x30g	*
Twiglets	*
Vegan Chocolate Cookies x2	*
Wagon Wheel	*
Water Cracker	*
White Chocolate x50g	**

High Protein Foods



Food Item	*Score
Almond Butter x 1 Tbsp	*
Almonds x30g	**
Baby Food Pouches x100g	**
Breakfast Bircher x100g	*
Canned Salmon x100g	*
Cashew Butter x 1Tbsp	*
Cheese Slice x30g	*
Cheese Twist	***
Chia Seeds	*
Chick peas x50g	*
Chili and Lemon Corn Nuts 50g	**
Chorizo x50g	**
Cottage Cheese x100g	*
Duck x 100g	***
Feta Cheese x50g	**
French Toast	**
Full Fat Greek Yogurt	*
Halloumi x30g	*
Hard Boiled Egg	*
Hot Dog Sausage	***
Hummus with Carrot Sticks	*
Jerky	***
Macadamia Nuts x30g	**
Mackerel x 100g	***
Mozzarella Cheese Stick	*
Omelette	*
Peanut Butter with Celery Sticks	***
Pecan Nuts x30g	**
Plant Jerky x60g	**
Pot of Rice Pudding	*
Protein Bar	***
Protein Pancakes	*

Food Item	*Score
Protein Shakes	*
Pumpkin Seeds	*
Quinoa x1 cup	**
Ready to Eat Chicken Pieces x100g	*
Refried Beans x100g	*
Sardines x100g	*
Tahini x2 Tbsp	*
Toddler Weaning Meals x200g	**
Tofu x 100g	*
Trail Mix	***
Tuna x100g (in oil)	*

Drinks



Food Item	*Score
Apple Juice – 300ml	*
Banana Flavoured Milk – 200ml	*
Banana Shake - 300ml	**
Breakfast Mix Shake - 300ml	***
Cappuccino	*
Chocolate & Peanut Butter Shake-300ml	***
Chocolate Flavoured Milk –200ml	*
Coca Cola - 300ml	*
Coconut Milk x1 cup	*
Energy Drink – 250ml	*
Frappuccino	**
Fruit Juice	*
Fruit Smoothie	*
Golden Syrup x2 Tbsp	*
Horlicks – with Full Fat Milk	**
Hot Chocolate - Regular	*
Hot Chocolate – Vegan	*
Hot Chocolate – with Whole Milk	**
Iced Tea – 300ml	*
Latte	**
Lemonade - 300ml	*
Mango & Passion Fruit Smoothie x300ml	**
Mango Juice – 300ml	*
Mocha	**
Noodles	*
Orange and Carrot Smoothie - 300ml	***
Orange Juice – 300ml	*
Orange Soda - 300ml	*
Ovaltine	**
Peaches and Cream Shake - 300ml	***
Pineapple Juice – 300ml	*
Protein Shakes	*

Food Item	*Score
Prune Juice – 1 Glass	**
Red Grape Juice x150ml	*
Slush Puppy	*
Strawberry Flavoured Milk – 200ml	*
Strawberry Shake - 300ml	***
Tin of Soup	*
Vanilla Flavoured Milk – 200ml	*
Whole Milk – 1 Glass	*

Vegan options



Food Item	*Score
Bagel	**
Bap	*
BBQ No Chicken Burger	*
Biscuit Spread Tbsp	*
Cannellini Beans ½ Can	*
Caramel Rice Cakes x2	*
Chick Peas ½ Can	*
Courgette and Red Pepper Fillet	*
Crumpet	*
Falafel Bites x2	*
Frosted Flakes Cereal 45g	*
Granola 45g	*
Hash Browns x3	**
Hot Cross Bun	*
Houmous 50g	*
K-Dog	**
Lentil Rings x2 Packets	*
Lentil Rings x2 packets	*
Meat Free Meatballs x4	*
Meat Free Mince 100g	*
Naan Bread	***
Nachos 40g	**
No Beef Burger	**
No Beef Keema 100g	***
No Chicken Breast	*
No Fish Fillet	**
No Lamb Kebab x2	*
No Lamb Kofta	**
No Pork Sausage x2	*
No Sausage and Bean Melt Bake	***
Oven Chips 100g	*
Peanut Brittle 50g	**
Peanut Butter Tbsp	*

Food Item	*Score
Plant-Based Spread 40g	*
Protein Bagel Thin	*
Pulled No Pork 100g	*
Roasting Vegetables 150g	*
Snackrite Salt & Vinegar/Prawn Cocktail/ Ready Salted Crisps x1 packet	*
Snackrite Stacks BBQ/Ready Salted 25g	*
Sorbet 200ml	*
Soreen ¼ Loaf	*
Southern Fried Tofu Bites 85g	**
Spicy Bean Burger	**
Sriracha Lentil Chips x1 Packet	*
Sweet Potato Pakoras x2	*
Toasting Muffin	*
Tofu Rice Bake	**
Top Twists-Cinnamon/Strawberry/Cookies and Cream/Chocolate	**
Vegan BBQ No Chicken Pizza ¼	**
Vegan Cheese 100g	*
Vegan Ice Cream 100ml	*
Vegan Ice Cream Bar	*
Vegan Microwave Rice 125g	*
Vegan Peppernoni Pizza ¼	*
Vegetable Burger	*
Vegetable Croquettes-Katsu/Southern Fried/ Nacho/Hot & Spicy/Thai Style 100g	**
Vegetable Nest - Indian/Peri Peri 100g	*
Vegetable Spring Roll	*
Veggie Straw Crisps x2 Packets	*
Waffle Oven Fries 100g	*
Weetabix x2 Biscuits	*
Wheat Shreds Raisin/Blueberry/ Apricot Cereal 45g	*

Nutrition Therapy: Strategies to Alleviate Common Symptoms

This section provides some strategies that can be used to help alleviate common symptoms.

If you are experiencing any of the below symptoms, please make sure your doctor, specialist nurse, or oncology team are aware.

Loss of appetite and weight loss:

- Eat small, frequent meals and healthy snacks throughout the day.
- Eat foods that are high in protein and calories.
- Eat high-protein foods first in your meal while your appetite is strongest - foods such as beans, chicken, fish, meat, yogurt, and eggs.
- Add extra protein and calories to food and/or cook with protein-fortified milk.
- Drink milkshakes, smoothies, juices, or soups if you do not feel like eating solid foods.
- Prepare and store small portions of favourite foods.
- Seek foods that appeal to the sense of smell.
- Experiment with different foods.
- Eat larger meals when you feel well and are rested.
- Sip only small amounts of liquids during meals.
- Eat your largest meal when you feel hungriest, whether at breakfast, lunch, or dinner.
- Be as active as possible to help develop a bigger appetite.
- Perform frequent mouth care to relieve symptoms and decrease aftertastes.
- Consider tube feedings if you are unable to sustain a certain amount of caloric intake to maintain strength.

Constipation:

- Drink plenty of fluids each day, including water, warm juices, and prune juice.
- Be active each day; take walks regularly.
- Eat more fibre-containing foods.
- Drink hot liquids to help relieve constipation, including coffee, tea, and warm milk.
- Talk with your doctor before taking laxatives, stool softeners, or any medicine to relieve constipation.
- Consider a fibre supplement.

Diarrhoea:

- Drink plenty of fluids to replace those lost from diarrhoea, including water, ginger ale, and sports drinks.
- Let carbonated drinks lose their fizz before you drink them.
- Eat foods and liquids that are high in sodium and potassium.
- Liquids: bouillon or fat-free broth.
- Foods: bananas; canned apricots; and baked, boiled, or mashed potatoes.
- Eat low-fibre foods.
- Have foods and drinks at room temperature (neither too hot nor too cold).

Avoid foods such as:

- High-fibre foods
- High-sugar foods
- Very hot or cold drinks
- Greasy, fatty, and fried foods
- Foods that can cause gas, such as carbonated beverages, cruciferous vegetables, legumes and lentils, and chewing gum
- Milk products (unless low lactose or lactose free)
- Alcohol
- Spicy foods
- Caffeinated drinks
- Sugar-free products sweetened with xylitol or sorbitol.

Dry Mouth:

- Sip water throughout the day.
- Have very sweet or tart foods and drinks – such as lemonade, to help make more saliva.
- Chew gum or suck on hard candy, ice pops, or ice chips; sugar free is best, but consult your doctor if you also have diarrhoea.
- Eat foods that are easy to swallow.
- Moisten food with sauce, gravy, or salad dressing.
- Do not drink any type of alcohol, beer, or wine.
- Avoid foods that can hurt your mouth, i.e., spicy, sour, salty, hard, or crunchy foods.
- Keep your lips moist with lip balm.
- Rinse your mouth every 1 to 2 hours.
- Do not use mouthwash that contains alcohol.
- Do not use tobacco products, and avoid second-hand smoke.
- Talk with your doctor or dentist about artificial saliva or other products to coat, protect, and moisten your throat and mouth.

Lactose Intolerance:

- Choose lactose-free or low-lactose milk products. Most grocery stores carry products (such as milk and ice cream) labelled “lactose free” or “low lactose”.
- Try products made with soy or rice (such as soy or rice milk and frozen desserts). These products do not contain any lactose.
- Choose milk products that are low in lactose. Hard cheeses (such as cheddar) and yogurt are less likely to cause problems.
- Try using lactase tablets when consuming dairy products. Lactase is an enzyme that breaks down lactose.
- Avoid only the milk products that give you problems. Try small portions of milk, yogurt, or cheese to see if you can tolerate them.
- Try calcium-fortified non-dairy drinks and foods, which you can identify by food labels.
- Eat more calcium-rich vegetables, including broccoli and greens.

Nausea:

- Eat bland, soft, easy-to-digest foods rather than heavy meals.
- Eat dry foods such as crackers, breadsticks, or toast throughout the day.
- Eat foods that are easy on your stomach: white toast, plain yogurt, and clear broth.
- Avoid strong food and drink smells.
- Avoid eating in a room that has cooking odours or is overly warm; keep the living space comfortable but well ventilated.
- Sit up or recline with your head raised for 1 hour after eating.
- Rinse your mouth before and after eating.
- Suck on hard candies such as peppermints or lemon drops if your mouth has a bad taste.
- Eat five or six small meals each day instead of three large meals.
- Do not skip meals and snacks; for many people, having an empty stomach makes nausea worse.
- Choose foods that appeal to you. Do not force yourself to eat any food that makes you feel sick. Do not eat your favourite foods, to avoid linking them to being sick.
- Have liquids throughout the day and drink slowly.
- Sip only small amounts of liquids during meals because many people feel full or bloated if they eat and drink at the same time.
- Have foods that are neither too hot nor too cold.
- Eat dry toast or crackers before getting out of bed if you have nausea in the morning.
- Plan the best times for you to eat and drink.
- Relax before each cancer treatment.
- Wear clothes that are loose and comfortable.
- Keep a record of when you feel nausea and why.
- Talk with your doctor about the use of anti-nausea medications.

Sore Mouth:

- Choose foods that are easy to chew, i.e., soft foods such as milkshakes, scrambled eggs, and custards.
- Cook foods until they are soft and tender.
- Cut food into small pieces and use a blender or food processor to puree foods.
- Drink with a straw to help push the drinks beyond the painful parts of your mouth.
- Use a very small spoon to help you take smaller bites, which may be easier to chew.
- Eat cold or room-temperature foods to avoid hurting your mouth with food that is too hot.
- Suck on ice chips to help numb and soothe your mouth.

Avoid certain foods and drinks when your mouth is sore, such as

- Citrus foods
- Spicy foods
- Tomatoes and ketchup
- Salty foods
- Raw vegetables
- Sharp, crunchy foods
- Drinks that contain alcohol

Sore throat and trouble swallowing

- Eat five or six small meals each day instead of three large meals.
- Choose foods that are easy to swallow, e.g., milkshakes, scrambled eggs, and cooked cereal.
- Choose foods and drinks that are high in protein and calories.
- Cook foods until they are soft and tender.
- Cut food into small pieces and use a blender or food processor to puree foods.
- Moisten and soften foods with gravy, sauces, broth, or yogurt.
- Sip drinks through a straw to make them easier to swallow.

Do not eat or drink things that can burn or scrape your throat, such as:

- Hot foods and drinks
- Spicy foods
- Foods and juices that are high in acid
- Sharp or crunchy foods
- Drinks that contain alcohol
- Sit upright and bend your head slightly forward when eating or drinking, and stay upright for at least 30 minutes after eating.
- Do not use tobacco products.
- Consider tube feedings if your inability to eat is severely affecting your strength.

Taste changes:

- Use plastic utensils, and do not drink directly from metal containers if foods taste metallic.
- Substitute poultry, fish, eggs, and cheese for red meat.
- Consult a vegetarian or Chinese cookbook for useful nonmeat, high-protein recipes.
- Add spices and sauces to foods; marinate foods.
- Eat meat with something sweet, such as cranberry sauce, jelly, or apple sauce.
- Try tart foods and drinks.
- Try to eat your favourite foods, if you are not nauseated.
- Try new foods when feeling your best.
- If tastes are dull but not unpleasant, chew food longer to allow more contact with taste receptors.
- If smells are an issue, keep foods covered, use cups with lids, drink through a straw, and use a kitchen fan when cooking, or cook outdoors.
- Use sugar-free lemon drops, gum, or mints when experiencing a metallic or bitter taste in the mouth.
- Use special mouthwashes.
- Visit your dentist and maintain good oral hygiene.

Vomiting:

- Do not eat or drink until vomiting stops.
- Drink small amounts of clear liquids after vomiting stops.
- Once you can drink clear liquids without vomiting, try fullliquid foods and drinks or those that are easy on your stomach.
- Eat five or six small meals each day instead of three large meals.
- Ask your doctor to prescribe medicine to prevent or control vomiting (antiemetic or anti-nausea medicines).
- Sit upright and bend forward after vomiting.

The Psychological Impact of Appetite Loss

Because of changes to your appetite, you might also notice some changes to your mood and experience lots of different feelings.

You may feel **upset, low in mood or frustrated** because you may no longer be able to eat or enjoy the foods that you like.

Changes to your appetite and eating habits can leave you feeling **low in energy**, which may mean you feel too tired to do things that you used to enjoy.

You may feel **worried or anxious** about what your loss of appetite means for your health, or what other people might think about it.

Loss of appetite can also affect **your self-esteem and confidence**, and you may notice changes to your body or the way that you look.

Some people feel like they have failed when they haven't eaten more, and worry about what this means for their health and recovery.

We know that food has many important cultural, religious, and social meanings for people.

You might feel as if you have lost important activities that help you connect with others, such as preparing and cooking meals, or feel left out or alone during mealtimes, or feeling embarrassed eating in public.

Your family and friends may also be worried about you and encourage you to eat or prepare meals for you - this might be frustrating for you, or you may feel guilty that they feel this way.

What might help?

Some of the suggestions in this booklet may also help how you feel such as making small changes to your eating habits – such as eating smaller portions, using smaller plates, changing the time you eat.

If you feel able to, you could help to prepare or cook meals to feel involved at mealtimes such as by sitting down at a table to chop some vegetables if you feel tired.

For families, friends, or carers, it can be helpful not to place any pressure on your loved one to eat but rather offer them a space to talk about how they might be feeling or ask if there are small things that might make it feel a little easier for them.

Talking to somebody about how your loss of appetite makes you feel – this might be your family, friends, or your care team. Know that you do not need to go through this alone.

Practising self-care and nurturing yourself with compassion towards yourself as you navigate this difficulty.

Listening to your body and adjusting any unhelpful expectations of yourself while your energy may be lower while allowing yourself time to rest.

It is important to know that these feelings are normal and experienced by lots of people who have a loss of appetite.

However, if you feel you this is not improving with the support listed above and you are struggling with this, you can be referred to the Cancer Psychology Service, who offer talking therapies and psychological support. You can do this by discussing this with someone involved in your oncology care here.

Your Snack Diary



Each day, use the following table to record your * snack score – this will help your cancer team monitor your progress and offer you the most appropriate advice and support.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you have any comments about this leaflet or the service you have received you can contact :

Lung Cancer Nurses
Telephone: 01484 355778

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسری اور فارمیٹ طریبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"

This booklet was developed by Sarah Topen - Head and Neck Dietitian and the Lung Cancer team at Calderdale and Huddersfield NHS Foundation Trust.

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Please contact Calderdale and Huddersfield NHS Foundation Trust.

SMOKEFREE CHFT We are a smoke free Trust. If you need help to quit yorkshiresmokefree.nhs.uk can help

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